Screw the Roses, Send Me the Thorns

THE ROMANCE AND SEXUAL SORCERY OF SADOMASOCHISM



PHILIP MILLER AND MOLLY DEVON

Screw the Roses,
Send Me the Thorns

New Milestone in BDSM Literature - Thirteen chapters cover all of the BDSM Basic skill areas, both mental and physical... the authors' irreverent, yet practical attitude is often hilarious, but always useful... [including] fascinating bondage ideas which haven't been shown in books before, the outrageously funny profiles of types of undesirables one sometimes meets in the scene and online, the hilarious cartoons showing the importance of communication.

The Community Standard, Arlington, Texas

The only REAL criticism I have of this book is that it is too big to fit on the back of my toilet. Seriously, it's one hell of a book. I've read most of the introductory books for perverts...this one is absolutely and totally the best.

Yeah, it covers all the regular topics, how to tie up and whack your partner safely, sanely and consensually, and has lots of pics and diagrams and such. There's even bits about building your own equipment with plans and all, from simple cuffs and collars to slings. It's totally jam-packed with information... But that's not why I liked the book. I liked the book for it's treatment of the psychology of dominance and submission. ALL THROUGH THE BOOK there is an awareness of the things I have heard, felt, seen, touched and tasted since I've been in the scene, things I've never seen described anywhere else. The authors are smart-ass and silly throughout, making the book extremely FUN to read.

Jackie Patti, quoted from the Internet newgroup alt.sex.bondage

Brother [Philip's computer "handle"] and Molly did an INCREDIBLE job with this book - which hardly surprises me considering their well-deserved reputation... The book can be considered an "S/M instruction manual" encompassing the physical and emotional sides of the Scene - expressed with candor, clarity and a large serving of wit. It covers everything from gags, different types of bondage including diagrams with specific how-tos, to a drawing showing pulse points to help explain where the pressure should NOT be placed. There are photographs and explanations of whips, paddles, dungeons, scene players and bondage. Also included are instructions on how to make a spreader bar, cuffs, whips and a sling for suspension. All projected with humor and explicit tutorials that make it a book that is VERY difficult to put down.

Quoted from the Majornet's Adult Extremes Forum

It's one of the best manuals I've seen, taking one from beginner to advanced play. It combines the best of Race Bannon's conceptual approach with the hands-on how-to of other texts. And happily, the appendixes alone will be worth the purchase price. The addition of an index is marvelous and more thorough (and helpful) than those found in other books I've seen. It's entertainingly written with the same high good humor I find in the best teachers (and the ones who most love their subjects and students alike). It's beautifully done, and I am proud and pleased to be associated with your excellent work.

Robert Dante, Boudoir Noir Magazine, Toronto

Screw the Roses, Send Me the Thorns... is a gentle and experienced guide taking the reader from the introduction of the principles of S/M to step-by-step instructions on how to apply and receive 'discipline'.

In the recent past, S/M has come out of the closet and is gaining popularity among consensual participating partners as a means to broadening the pleasures of their sexuality. Dominants and submissives practicing within the guidelines of Philip Miller and Molly Devon in this book can find a safe and rewarding way to make reality of their fantasies.

S/M is not for everyone, especially those who are offended by sexual openness and exploration with an eye to finding the limits of their sexuality. But even for these people, I would recommend Chapter two, Sexual Magic, as a prologue to thinking creatively about any type of sexual activity.

Dr. William Granzig, President of The American Board of Sexology

It is an EXCELLENT book. After reading many books, which are all good in their domain, I find this book to be the new, general and detailed S&M scene BIBLE for novices and for advance players. Their writing style is a rare gem to come by filled with humour and good sense. It is a must to have...

Princess Sheeba, Montreal, Canada

It is, simply the BEST book I have read on the topic of BDSM... [Philip's and Molly's] experience, input from others in the scene, and a lot of interviews and research combine to make this THE book to own! You WILL read it, because it's good, and you WILL learn from it, cause it's all there!

'Lite Brite", Rockport, Massachusetts

Your words about 'natural submissives' were wonderful to read after so many years of wondering if anyone would ever understand me. I wish I had been exposed to such acceptance much earlier in my life. Hopefully your book will reach many people who need to hear those words.

A member of The English Palace BBS

Screw the Roses, Send Me the Thorns

The Romance and Sexual Sorcery of Sadomasochism

by

Philip Miller and Molly Devon

Foreword by Dr. William Granzig



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We're not lawyers, so we can't say whether any of this stuff is legal or not. In fact, most of it probably is illegal where you live, but laws vary a lot from state to state. Of course, we would never try any of this stuff ourselves, being law abiding citizens, and everything you read here is pure conjecture... we don't even fantasize about any of it. We just eavesdropped, one night, on some sleazy drunks we heard babbling about it behind a bowling alley in Bayonne and our memories are impeccable.

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We wish to express great appreciation for the articles by Robert Dante, Master Ken and SweetCream, and the fond reminiscences of Janette Heartwood reprinted here by her permission.

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The Color of a Rose

Different things move us: jeans, uniforms, hoods, tuxedos, leather, lingerie, whips, shoes, silk, latex, corsets, rope, petticoats, cat suits, beards, longhair, crew cuts, tattoos, flannel sheets, feather beds, even knives. Different people move us, too: straights, lesbians, gays, gender benders, bearish men, petite women, heavy and skinny people, the strong-willed and the meek, country, military, and business types, jocks, bikers, hippies, yuppies, techies, and preps. No one suits everyone, but there is always some willing body for every wanting body.

All of the people types and turnons mentioned above represent people we know who practice SM (sadomasochism). Our orientation is heterosexual, dominant male and submissive female and our book represents this perspective. So, if you are gay, lesbian, a dominant woman, or a submissive man, we understand that the context may seem too narrow at first glance. Also, our style of SM is only one of many, even for those who share our basic orientation. Yet, though a tremendous disparity of attractions, orientations, and kinks exists, we are all human and, therefore, the emotional underpinnings of SM apply to us all.

We have learned a great deal about ourselves by reading literature intended for those with sexual orientations that differ from ours. The late John Preston wrote stories about gay SM relationships, but the emotionality and excellent writing within his work offers a satisfying read for everyone. The same can be said of Pat Califia, Laura Antoniou, Guy Baldwin, and many others.

Rather than becoming mired in androgenous pronouns or writing to satisfy everyone's kink, we have written about what moves us, realizing that the emotional core of feelings that draw people to SM is ignorant of gender lines. Regardless of sexual orientation, we all cherish the lovers we choose, our flesh still quivers beneath their touch, and we implore them to penetrate the most forbidden forests of our imaginations.

Foreword

"What can we know or what can we disdain
When error chokes the windows of the mind?"

Sir John Davies (1569-1626)

Philip Miller and Molly Devon have written about scenes, players, playing, toys and playrooms in order to correct the error choking the windows of our minds in our views of bondage and discipline. This comprehensive manual provides an "in the know," how to, understanding of the latest trendy behavior. From Madonna to Versace to 9 1/2 Weeks, sadomasochism appears to be the hip, au courant behavior for the fin de siecle crowd wishing to spice up their sex lives. Oh yes, S/M is sex!

But before embarking on a sexual voyage you must have a map, the proper tools and the knowledge to uses them. This is what Philip and Molly provide to both the neophyte and the experienced player.

Taking the credo of the National Leather Association as their own, that S/M play be safe, sane, and consensual, the authors provide the guide to developing your own scene incorporating their features.

The fourth chapter provides the philosophical framework for the role of the dominant and the submissive and how negotiation is _always_ the beginning of any relationship and establishes the limits that are never to be exceeded. Yes, as in all things, there are limits to what the dominant will do and what the submissive will experience. They provide enough examples for the newest beginner to understand the differences and to abide by them.

S/M is a sexual scene acted out in a significant percentage of the population. According APEX, surveys have listed S/M behavior by as much as 7 to 14% of the population, and is interesting to but not practiced by many more. To see the prevalence, just look at the public's interest in movies, books, and other artistic expressions with S/M as the dominant theme.

And although enjoying a new popularity today, S/M activities have long been performed by many religions and cultures. Early Christian mystics used it (flails and hair shirts). Native Americans continue to uses it for vision quests. Fakirs from India use that same energy that Philip and Molly write about for spiritual journeys, sexual ecstasy, or personal bliss.

While the acting out of bondage and discipline fantasies may look brutal to the uninformed observer, S/M is not as it appears. The uninitiated may believe the dominant does as he/she wishes, without feeling the needs or pain of the submissive, but this is not true. In practice, it is the submissive or masochist that actually has the final say. Philip and Molly write of the process of communicating up front, the uses of "safe" words that will stop the action if the submissive ever feels the scene is not working, and even "rehashing" after the event so that both parties can learn and benefit for the future.

More often the thrill of perceived danger is greater than the actual danger of the process itself. It need not be especially dangerous. Some activities are more physically creative than others. For more strenuous activities the individuals should be in good physical shape, just as for any other sport. In all cases, the players must know what they are doing. This is the purpose of this book.

While the thrust of Screw the Roses, Send Me the Thorns is heterosexual, dominant male and submissive female (or vise versa), I feel that it can be equally valuable as a guide to gays, transgendered, lesbians, bisexuals and any other sexual persuasion.

The authors' explanations of the various forms of play, e.g., bondage, fustigation, mummification, electricity, dominance, submission, humiliation, brachiorectal, brachiovaginal, are clear and enable the neophyte to learn about play from both sides of the equation-- as a dominant and as a submissive. This is an unusually complete volume that will dispel the error in your mind about leatherfolk and their activities.

On a personal note, I met Philip and Molly when we were guests on CNBC's Real Personal, with Bob Berkowitz. In my role as the clinical sexologist "expert" on S/M, I found that this brief encounter gave me a better understanding of this lifestyle and has contributed to my being a better sex therapist in providing comprehensive mental health counseling in my private practice.

Dr. William A. Granzig
President, The American Academy of Clinical Sexologists

Introduction

You are cordially invited to be our guests as we celebrate the joyous union
of some very unlikely, but highly seductive lovers.
Within these pages you will witness the weddings of;
lust and innocence,
tears and laughter,
fear and love,
intimidation and caring,
bondage and liberation,
and that most curious couple, pain and pleasure.
The multiple manacle ceremonies will commence on the stroke of midnight
and will be presided over by the twin clerics, Eros and Imagination.

Marriages of this import deserve an invitation that reflects the uniqueness of the partners being joined. Rather than an engraved proclamation on the finest deckled vellum, we offer a sex manual with a twist.

Screw the Roses, Send Me the Thorns is an introduction and guide to SM for the merely curious, for the novice, and for experienced practitioners with a desire to enhance their exploration of sadomasochism. We use humor and illustration to make it fun. SM is fun and we think that reading about it should be fun, too. It's also hot stuff -- a wild, sexy, funny book that you will be proud to park beside your commode.

Following the emergence of punk in the 1980's, SM has become trendy. The fashion scene, the arts, media, and college campuses are fairly bursting with "fetish-looks" of leather jackets, body piercings, and PVC boots. People everywhere are beginning to enjoy the feel, smell, and look of leather, rubber, and the other fetish fabrics that feed our fantasies.

Some hard-nosed SM veterans loathe the invasion by the fashion butterflies, and they have a good point. Trendiness can trivialize that which we feel at the core of our being. Still, we see it as an opportunity for SM to become known and accepted as a natural aspect of human sexuality. We really have little to worry about; trends pass swiftly and we can learn from the new people we pick up along the way.

Some of the lessons will be profound, others will provide little but entertainment. One young guy we know bought a pair of suede wrist-cuffs to use like a pair of friendship rings; he wore one and his girlfriend wore the other. What the hell, he found the level of fantasy right for him, which is what it's all about. (Still, you have to give him points for originality.)

While we welcome the growing acceptance of SM in society, trendiness has its inherent perils and is one of the reasons that we felt our book was needed. SMers are cast in a bad light based on the mistakes of the ignorant. Misinformation is being circulated as novice players teach other novices practices they have gleaned from fiction. Attempting risky activities without training is stupid and dangerous. Lacking an understanding of the power of SM on the psyche can create even more unfortunate situations.

We want those interested in sadomasochism or any of its subsets including: dominance and submission, bondage and discipline, spanking, erotic humiliation, role-play, and others to understand the importance of having access to the SM community. We discuss safety issues, ideas for scenes, recognizing good and bad attitudes, finding playmates, knowing the difference between fantasy and reality, and learning that techniques are means not ends.

We also reveal facets of SM that have not been addressed in the rather small body of related literature. A few examples: SM techniques are used to achieve altered states of consciousness. Many are aware of the endorphin high, but few have experienced the erotic high called flying. We suggest a four-part framework for using pain to enhance eroticism. We explain how conditioning is another key to advanced eroticism. We offer techniques on whipping, building SM equipment, bondage methods, and pass along the secrets of cultivating a personal sexuality that will quench the most passionate of thirsts.

Allow us to guide you through the rumor, fact, and fancy of Sadomasomythology. Use our book as a source for creative love-making and assistance to help you communicate better in your relationships. We want to welcome you to captivating realms of sensuality, dreamed of by millions, realized by few, and understood by fewer still.

How to use this book:

In the first two chapters we introduce SM and offer a basic explanation of its practice. Some topics may seem fantastic, frightening, or unlikely to the novice. We ask you to read them with an open mind; within are keys that can reveal new worlds of sensation and experience.

Chapters three and four discuss finding partners, forming relationships, and sexual attitudes that work well in SM sexuality.

Chapters six through ten are practical "how-to's." You can skip around these various topics to find tidbits to tickle your fancy.

Chapters eleven and twelve discuss the most paradoxical and elusive elements of SM; the eroticism of pain and humiliation.

We conclude with chapter 13, a survey of dungeon equipment, decoration, and furnishing. Here you will find examples of SM toys and plans for making your own goodies.

As we mentioned above, there is an extensive glossary and several appendices that you may find helpful.

Our qualifications:

While we are not the most noted authorities in human sexuality, Philip can recite the names of every street in Mahwah, New Jersey to the tune of "Misty", and Molly's a whiz on the plant life of Borneo. We also happen to have between us more than twenty years of experience in the kinks so dear to our hearts. Equally as important, we have had the good fortune to have been the beneficiaries of training from people in the SM community with internationally recognized expertise.

On to the Weddings!

We understand that you might be reluctant to join us in our celebration. Everyone has negative impressions of pain and fear, so it is only natural to mistrust someone advocating sadomasochism. Though you may hesitate, you wouldn't be reading this if you weren't just a little bit curious.

Sex has a power over us that none can deny. Most people enjoy the role that sex plays in their lives. The possibility that our enjoyment of sex could be amplified many times if we dared to explore those forbidden urges is hard to ignore. So, even if you would decline in partaking of the consummation of these unlikely unions, we hope you will join us in understanding them.

Black tie is so stuffy. Why not toss inhibition to the winds? Put on those naughty clothes you have always dreamed of wearing, but have never dared to be seen in before. We assure you, all the other guests will be dressed to their fantasy nines, as well.

1 Gee, Toto, I Don't Think We Are In Kansas Anymore!



his way, follow me down the staircase. Watch your step and hold your torch a little higher, that's it. I wish I'd asked you to bring a sweater, it can be quite cold at the very bottom. Don't let the noise distract you, stone walls distort everything. Why, yes, it does sound something like a scream from here. Please ignore it, it doesn't concern you. Let me tell you a bit about our work here.

The inhabitants and customs of the world of sadomasochism are easily as intimidating and confusing as those Dorothy stumbled upon in Oz. Her trip down the yellow brick road taught her that people everywhere have the same needs and feelings. Even the magnificent and terrifying Wizard of OZ turned out to be no more than a lovable old man with a knack for special effects.

Sadomasochists are a lot like the Wiz. We like to project fearsome images and flash fancy toys around, but when you toss us all in the cauldron and boil us down, you find that we are just plain folks having a love affair with fantasy. SM may not be right for everyone, human sexuality can be expressed in so many timbres. We believe that no form of sexuality that nurtures the spirit is less legitimate than any other. Whether you live in an emerald city or dwell in a dungeon, there's no place like home.

Here we are, these are the holding cells. Have a seat on that slab. Now I must leave you in the capable hands of your hosts. Enjoy your stay! Oh, don't be so nervous, we will take very good care of you... and your little dog, too.

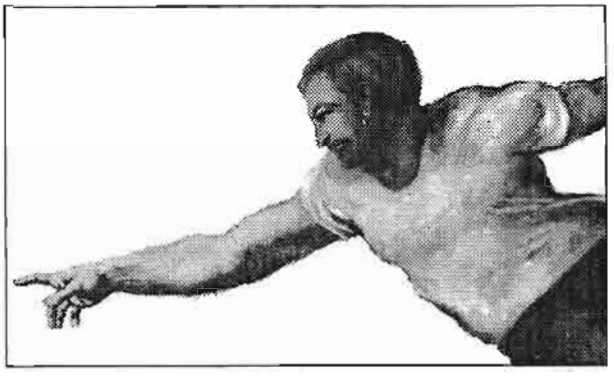
Your hosts, Molly and Philip

Hello, I'm Molly. As a maker (and user) of whips, I have acquired some knowledge I'd like to pass on. Besides, I have been a Yenta much longer than I have been a submissive, so I have no inhibitions about throwing in my two cents. In addition to taking the submissive role during sex-play, I am a masochist who adores a good swatting. With some splendid suggestions from our friends and well-placed input from an experienced dominant (Ouch! Thank you, master.), we've gathered these bits of information for your enjoyment.

Hi there, I'm Philip. I am a dominant. You may kneel.



Molly (as usual) making a request.



Philip (as usual) giving instructions.

About this book

Please keep in mind that Molly's contributions are her own opinions. She doesn't profess to tell anyone what's right or wrong, nor does she want you to think she's telling you what to do. Most of the statistics and quasi-scientific sections are Molly's contributions. She loves statistics. She makes them up all the time.

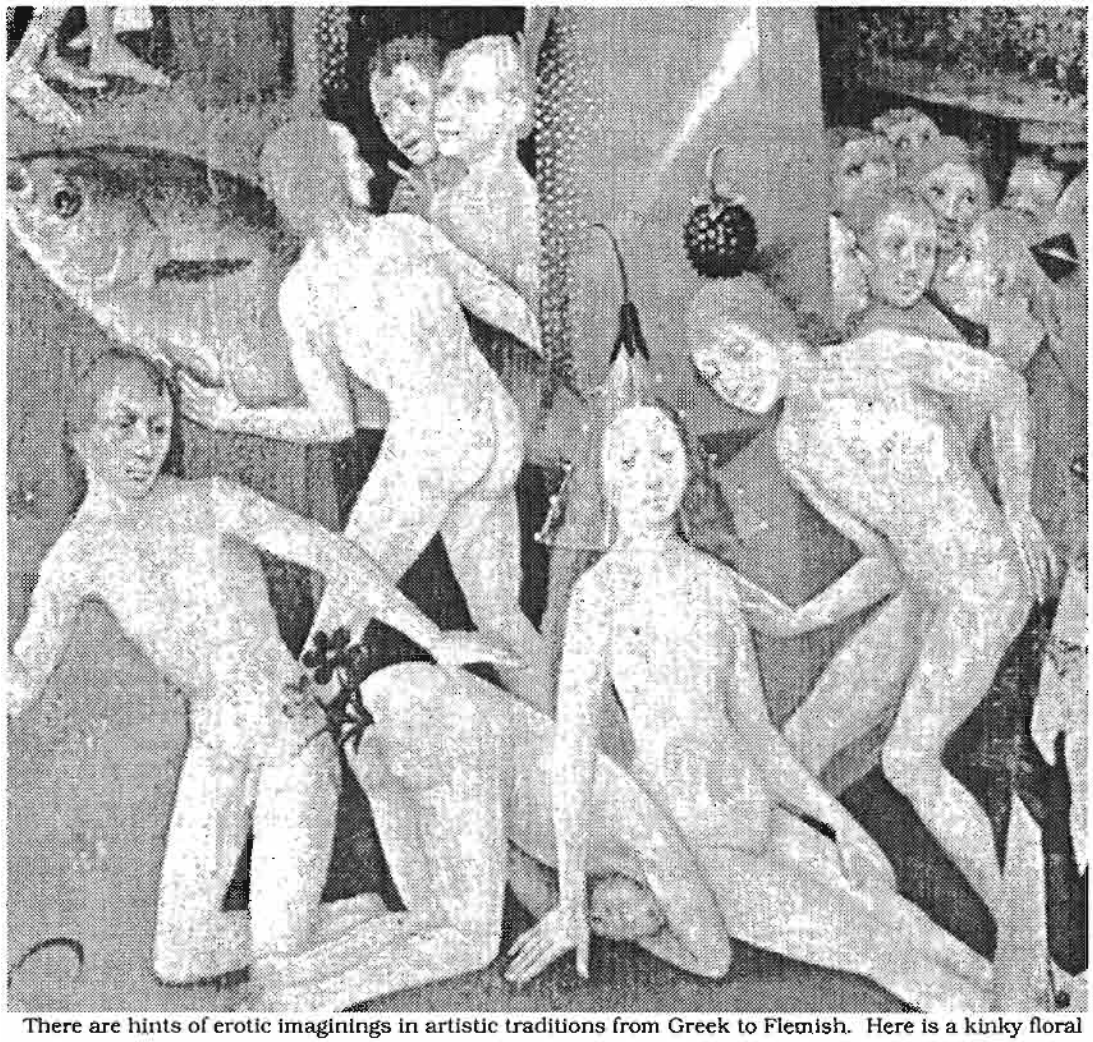
On the other hand, portions written by Philip are absolutely undistorted and accurate. Whatever he says is law. However, as soon as you begin to understand the law, rest assured, he'll change it. Incidentally, Philip is never wrong, and even if it appears as though he is wrong, it's obviously your fault. If you read something here that can't possibly be correct, sit yourself down and write him a sincere apology, and be quick about it or you won't be sitting down for a week!

We will be using male pronouns for dominants and female pronouns for submissives because that's the way it is in our relationship. It also makes the writing go easier. There are, however, at least as many women in the dominant role and men who are submissive. There are also plenty of homosexual SM relationships. While we acknowledge the validity of all gender orientations, this is our frigging book, and we'll do what we want to do. So there.

By the way, we lied. Sadomasochists are in Kansas. We're also in Illinois, California, Mississippi, Alabama, Colorado, Texas, and Alaska. As a matter of fact, we are in Cairo, Osaka, Istanbul, Amsterdam, Buenos Aires, London, and Samoa, too. You see the echoes of our presence in stories and myths from every time and culture.

We are every place where people have the courage and imagination to explore their fantasies. Tens of thousands openly admit their kink. Hundreds of thousands of people do it privately and millions more fantasize about it. We have always been around and we always will be. Why? Because sadomasochism is fun!

What you are about to read is our view of sadomasochism, colored with our experience, opinions, tastes, and preferences. Other experiences, opinions, tastes, and preferences are as myriad as the players in the game. Sadomasochism is a form of sexuality and each person's sexuality is a unique melody. Record those of our songs that harmonize with your sexuality and add your own vibrato when you play them back. No single tune pleases every ear.



There are hints of erotic imaginings in artistic traditions from Greek to Flemish. Here is a kinky floral arrangement by the fifteenth century artist from Phlegm, Heironymus Bosch.

Our society has a marvelous capacity for making the simplest of activities (sex, in this case) an incredibly convoluted affair. Guidelines have evolved specifying with whom you may fall in love, right down to their gender, age, race, and social background. There are also plenty of rules for the "proper" way to make love. This has turned basic instincts into perplexing exercises and normal physical functions into moral and psychological dilemmas. By abandoning society's accepted norms and trying something a little different, one invites social censure, religious sanction, and even legal harassment.

At the risk of ruining our well-tarnished image, we must tell you that the picture of the evil sadist abusing the cringing masochist is not quite the reality. In fact, no sadist we know would pull the wings off a fly unless the fly said that it would enhance its sexual pleasure. Don't let it get around, but compassionate sadists, benevolent dominants, adventurous submissives and wise-cracking slaves are typical. Seem contradictory? Well, paradox is the rule here rather than the exception. This is a world in which the greatest kindness resides within cruelty. This is a universe of illusion, mystery, and supreme delight.



Sadomasochists have stepped outside the norms. Our attitude is, screw 'em if they can't take a joke, but screwing someone who can take a joke is a lot more fun. Some of us really didn't choose SM, it has simply been a part of our sexuality since our earliest sexual memories. We just seem to be wired that way. Then there are the adventurous souls among us who hear about SM, try it, and fall in love with it.

Dominant and submissive attitudes already belong to everyone involved in sexual relationships in one form or another. Lovers establish patterns where one takes the lead for certain activities and surrenders the direction to his partner for others. Sadomasochists simply take this a bit further employing all the creativity and experimentation we can muster.

Sadomasochism (SM) is about spinning sexual yarns, blending threads of fact and fantasy, drama and comedy, tradition and innovation. Twisting and complicating emotions is not recommended practice in daily life, but it can be an opportunity for self-exploration into enhanced sexuality. With a little mischief and imagination, ordinary sexual activity can become a transcendent experience.

What sadomasochism is

> Most people work around their psychological demons, we harness ours up and take them out for a ride.
> Bob H.

SM employs various techniques to put one partner, the submissive, in a position of helplessness and vulnerability, and the other, the dominant, in a position of command and authority. Bondage, sensory deprivation, flagellation, verbal dominance, behavior modification, and mind games are some of the tools the dominant uses to control the submissive and guide her through an erotic experience.

The dominant gives the orders that the submissive must follow. Sounds simple, right? Any good republican might say, "power flows down from the top." Actually, it works the other way around in SM. The submissive obeys only because she chooses to. There is nothing compelling her obedience except her resolve. The submissive is, therefore, empowering the dominant by her decision. We call a consensual empowerment of the dominant by the submissive a power exchange. Just as she gave her consent, she can take it away at any time. Power in SM flows from the bottom up.

This exchange of power assumes many levels, too. At the lower levels, the submissive gives her dominant a certain amount of control over her physical self. The

things that the submissive allows her dominant to do are negotiated before they do anything. She may say it's ok to tie her up, but no whipping, and/or, she may allow him to fiddle around with her breasts, but he can't do anything below the belt... or where her belt used to be when she had her clothes on. Then, after things are neatly negotiated, they do a session.

Assuming things went swimmingly during the first session, and the submissive has gained a little trust, she allows more latitude. If the next session is also a smash (no pun intended), then they negotiate some more. As the partners learn to trust each other, the submissive may begin to give control over her emotional self as well. Now she is giving herself consent to take greater risks. At these levels, the sessions become really intense. The dominant is given a lot more freedom to fiddle, but he is assuming a lot more responsibility and must have mastered many more skills to pull it off.

While it isn't exactly a family sport, we believe that the open practice of SM is a healthy and happy addition to every boudoir. By open practice, we mean freely exchanging fantasies and incorporating them into your love-making. Open communication promotes growth and thaws stagnation. It builds trust, understanding, and acceptance, the three most important goodies in the quest for a more satisfying sex life.

We have a creed that we follow in SM: Everything we do must be SAFE, SANE, and CONSENSUAL. We learn to apply bondage and use our whips or whatever to create erotic experiences without damaging our partners. We don't pull crazy, out of control stunts and we discourage the use of drugs or alcohol during our play as it affects our judgment. We make sure that our partners are willing to participate of their own free will and that they are fully informed as to what we plan to do.



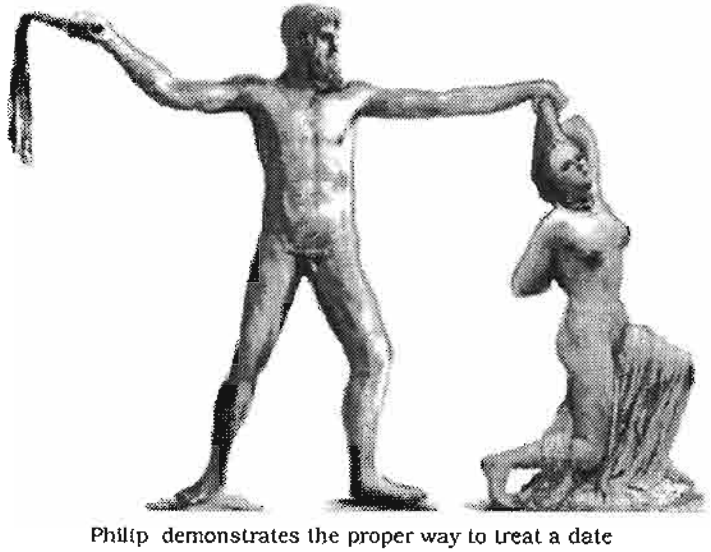
Sadomasochism is spinning a sexual yarn blending threads of fact and fantasy, drama and comedy, tradition and innovation.

What sadomasochism is not

SM IS NOT ABUSE! Things that make our partners unhappy are bad things and we leave them alone. We don't do things to our partners without their permission or because we are mad at each other. Abusive people do not ask for permission and act out of anger, and they sure as hell don't negotiate a beating. The things we do to each other are done solely in the divine spirit of love and lust.

Abuse is anything but erotic and abusive people mean to harm their victims. Submissives can always stop a session whenever they want to -- abuse victims cannot. Dominants are always in control of themselves in a session, abusers are out of control to begin with.

We've all read newspaper accounts of lunatics who kidnap people, maim, rape, and even kill them. (Some guys just don't know how to treat a date.) In psychiatric parlance these people are called wackos. They are not a part of our friendly, kinky SM community. The most common argument against SM among "vanilla" people (we use the term "vanilla" for people, activities, and things that are not part of SM) is that the things we do to one another are violent acts and are, therefore, abusive.

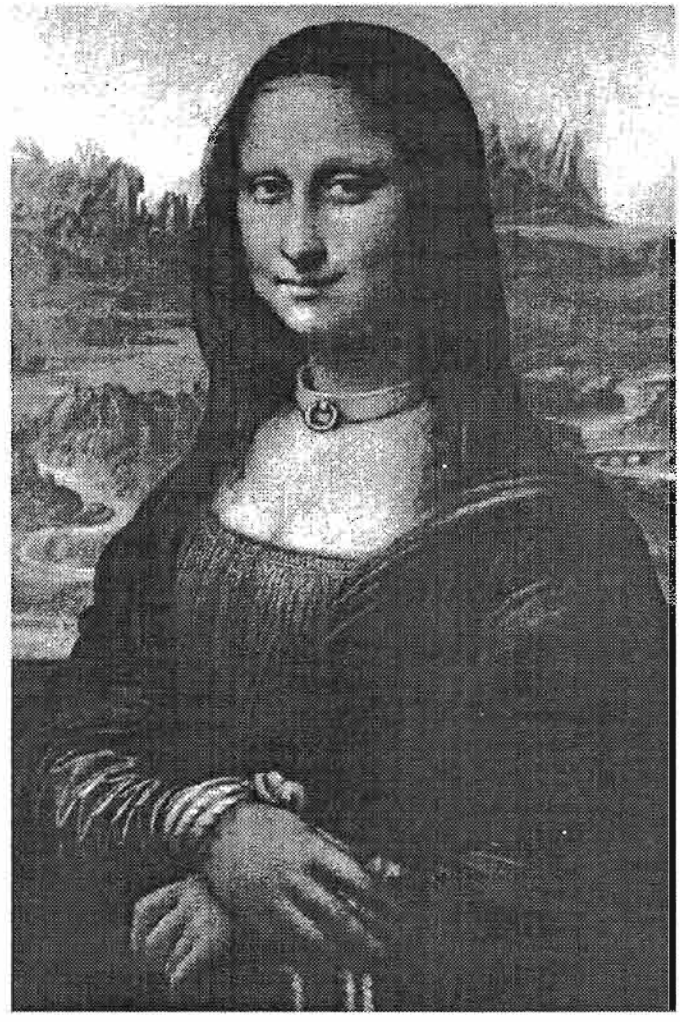


Philip demonstrates the proper way to treat a date

Some people feel the need to distance themselves from the nuts the newspapers write about so they don't call what they do SM. This is understandable. SM has taken a lousy rap in the press; criminals and abusers are often called sadists. Others just do not understand that what they are doing is really more than a little bondage, some innocent spanking, or a bit of "capture the maiden" role-playing. They are, in fact, applying the basic principles of sadomasochism. The problem with this is that these people may tend to hide what they do and ignore the wisdom and advice of those who openly admit being into SM.

Euphemisms for SM abound in sexual circles. If you have ever investigated the world of sexual alternatives, you may have run into labels like erotic spanking, dominance and submission, guidance and surrender, bondage and discipline, and love bondage. In this book, we dump all these terms into the same basket. Since they all apply the same fundamentals, we call them all sadomasochism. The finer distinctions are simply a matter of taste and degree. Actually, we would rather call it Sexual Magic, because that's what it feels like to us. (This is not our term, by the way; it was the title of a wonderful photo journal by Michael Rosen, written in 1986, and has been kicking around the SM community for quite a while. See our bibliography.)

Simply knowing which end of the whip you prefer does not guarantee that you will know what to do with it when you get one. We have been involved in hundreds of sadomasochistic encounters and have made just as many mistakes. Fortunately, many



The reason for the Mona Lisa's smile is no mystery in this first version of da Vinci's masterpiece. Da Vinci, being understandably entranced by the lady, rendered a more demure version of the painting for a Chinese auction being held at his church. Molly's fastidious research has uncovered the original which has been stored in a dungeon in Sicily for centuries. We acquired it in trade for a Marquis de Sade meat carving set.

kind and patient people contributed their experience to our education. None of our playmates has ever needed a medic on our account. Still, no one is born with the skills to satisfy these fantasies. This book is meant to steer you around some of the pits we have stumbled into so that you may realize your fondest desires with a minimum of calamity. We want to teach you how to do SM safely, to give you a few ideas, and to let you know that you are not alone or psychotic... probably.

Scenespeak, learning the lingo

Sadomasochists' need to share stories, experiences, leather goods, hardware, and the occasional willing body has spawned a subculture with its own kinky lingo and fusion of various fetishes. Decadence is, after all, a social activity. The jargon is used loosely with different meanings to different people.

We have included an extensive glossary at the end of the book where the definitions are short and sweet. Still, it is hard to tell the players without a program, so we're going to sketch a framework for you by defining the vernacular, enriching the definitions, somewhat, to give you a taste of what "the scene" is like. What is "the scene?" We're glad you asked.

Scene
This word has two different meanings:

1) "The scene" takes in the whole scope of the fetish community. Once you begin to interact with others of a similar bent, you have become part of "the scene" and one of the "scene people."

"Scene people" often visit "scene clubs," public places that charge for admission, such as Paddles or The Vault in New York. There are scene events, parties, and gala balls, fashion shows, and seminars. The "Dressing for Pleasure Gala" is an annual New York area event that incorporates all of these elements in a weekend-long frolic attended by hundreds of scene people from all over the world.

There are scene clubs with the structure of support groups. The National Leather Association (NLA) and People Exchanging Power (PEP) have chapters that hold regular meetings all over the country. They do political work, focus on legal issues, hold educational seminars, discussion groups, and throw parties. The Black Rose in Washington, DC, Threshold in California, and Chicagoland Discussion Group are similar local organizations.

When you join the scene, you get to wear lots of funky clothes, hit people who will thank you for it, and toss moderation out the window. Also, under the guise of discretion and protecting the family name, you get to pick a "scene name." Scene names frequently reflect inner fantasies. Female dominants seem uncommonly attracted to the names of goddesses. Diana, the huntress, attracts a hell of a lot of namesakes. There enough of them, in fact, to hold an annual "Goddess Diana" convention.

There are a bunch of Dukes and Duchesses, Counts, Countesses and Contessas, Marquis, Marquesses, Kings and Queens, Generals, Captains, Sergeants, and, of course, Corporals. There's also the full range of deities and scores of literary figures. You have complete freedom of selection; no extra points are given for creativity or originality. Of course, many people use their real names, or just their first names, but isn't it fun to know a place where it is accepted practice to dump the moniker your parents saddled you with?

Coming out of the closet and joining a scene community can help you understand and broaden your experience. Returning to the closet, on the other hand, can be an interesting component of a confinement scene, which brings us to our second definition.

2) "Doing a scene" means performing an erotic activity related to satisfying the perversions we hold most dear. Sessions qualifying as scenes can be as simple as a spanking leading to sex or as elaborate as a weekend spent in thirty bondage positions, each with its own costume, setting, and script.

Binding your lady and tossing her to stew for a while in a cage qualifies as a scene. Tortures such as root-canal, elementary school concerts, and filing income tax returns, though excruciatingly painful, are a part of conventional behavior, and are not considered scenes.

Scenes are often referred to as being "heavy" or "light." Scenes where the submissive is very tightly bound and/or beaten strenuously are called heavy. A light scene will usually encompass more sensual stimulation or, perhaps, just less beating. Remember, these are colloquial expressions. One person's "light" is frequently another's "heavy."

By the way, doing a scene does not necessarily include having sexual intercourse with your partner. Players frequently do scenes without orgasm as a goal. Instead, they focus on catharsis or the sheer intensity, drama, fear, even transcendence as what they want from their scenes.

Playing

To play with someone generally means to have a scene with him, as in: "Do you want to play?" (The question is usually accompanied by a half-lecherous, half-evil grin.)

Player

A player is someone who participates in scenes. This term is commonly used to distinguish someone who actually does SM with real live people from one who merely fantasizes while doing his daily wrist exercises.

Sadomasochism (SM, S/M, or S&M)

The collective term for the activities enjoyed by sadists and masochists is sadomasochism. We don't believe, as do some of our fellow debauchers, in confining the scope of sadomasochism to the merry antics of dungeon denizens. There are as many levels of participation as there are scene people.

We further define sadomasochism as any activity involving power exchange during an erotic scene between consenting adults. This includes bondage and discipline (B&D), love bondage (a term coined by Harmony Communications, publishers of bondage magazines), dominance and submission (D&S or D/S), English culture, corporal punishment, erotic restraint, humiliation, and sexual control. The following are descriptions of the most popularly accepted sub-divisions of SM.

Dominance and submission (D&S, or D/S)

In exchange for obedience by the submissive, the dominant agrees to care for and work toward the pleasure of both partners. Thus empowered by the sub, the dominant takes control of their scenes and agrees to abide by the limits she sets.

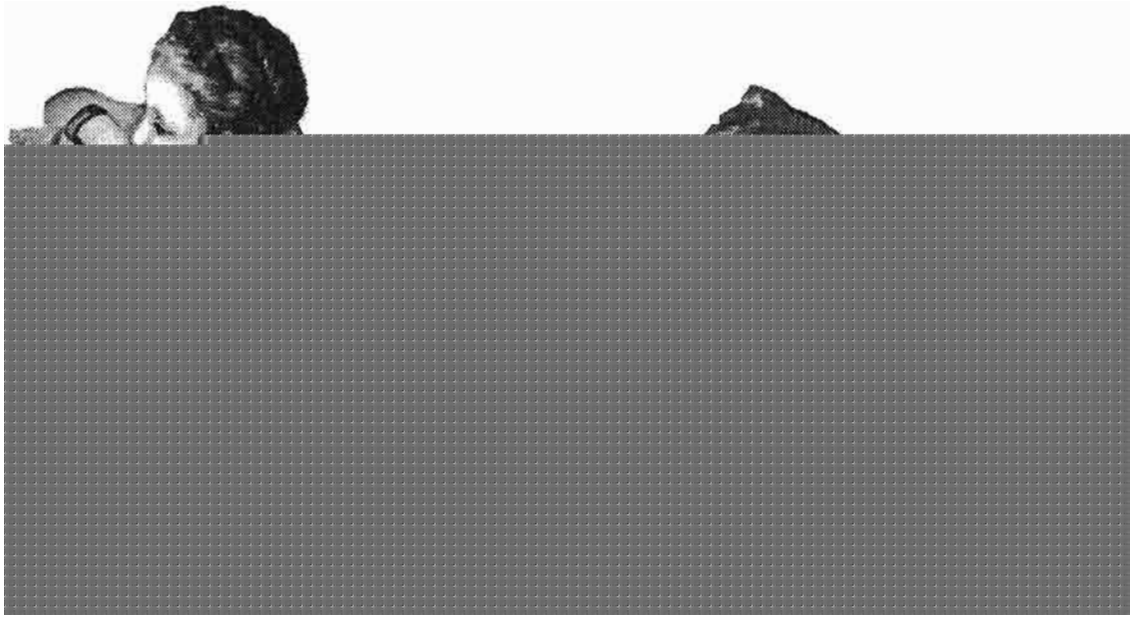
Some people extend D/S roles outside the bedroom, often referring each other as "slave" and "master." Generally, these people consider themselves D/S "lifestylers."

Having the submissive set her own limits leads one to wonder who is really running the show. Where people are doing a now and again role-play, this is a valid question. With a "natural" submissive, however, an innate craving to please her dominant is strong and unquestionable. A "natural" dominant also feels an instinctive need to feel in charge, yet neither can realize these parts of themselves without the other. (See "Natural submissives and dominants" below.)

Bondage and discipline (B&D, or B/D)

B&D is perhaps most widely used to describe bondage, the practice of tying and/or chaining somebody in a provocatively compromising position. The discipline part is a little more loosely defined. Discipline within the ropes can take various forms from forcing the bound submissive to provide sexual or non-sexual servitude within mildly restrictive bondage, to heavy, completely restrictive bondage coupled with taking a whip to her backside. When discipline takes the form of whipping or spanking it is frequently referred to as corporal punishment or simply, corporal.

For lazy dominants, the most successful command to issue to a bound slave is, "Stay!" The more innovative master will involve his captive miss in activities such as tickling, sexual teasing, servitude, corporal punishment, and sexual denial.



In the blackness of the blindfold, your whole world becomes what he makes of it. Every sensation is magnified, nerve-ends and imagination replacing vision. The heat of his hand and cool air pushed before it. Sound and silence. Pressure and none. Tingling slap and tender caress. Rhythm and chaos, a kaleidoscope of tones, tastes, textures and temperatures. Intensity grows with each passing second, his every touch is electric!

Immobile and defenseless, naked and vulnerable, you soon surrender mind, body, and emotions, gladly and gratefully. Trust surges from its hiding place, deep within your helplessness, almost too keen to bear. Your ragged breath announces your gift; breasts, belly, sex, and soul, all are his for the taking.

Still, the whole night lies before you.

Imagine!



Hey, everybody needs a hobby, right? Call us deviant, call us shameless, obsessed and sick, but you can't call us dull. We love bondage. Done with a flair for high romance, creativity, and a touch of drama, bondage can send you both sailing away on clouds of ecstasy.

Bondage is a perfect foil for a thousand fantasies. Be a salty pirate capturing a luscious island girl. Be a wicked schoolboy cornering the young teacher he's always lusted after. Be a corrupt jailer, disciplining his hapless charge. Or just be yourselves, experimenting with lust, sensation, and surprise.

First, you need a plan

Bondage is a blast, but it adds a few elements to lovemaking that you need to be aware of. So, before you lash your lass to the mizzen mast, indulge in some preliminary planning to make the scene go smoothly.

Drug the kids, put them to bed early, and bolt their doors shut. Better yet, send them to camp two states away. Then bolt and lock your own bedroom door. Daddy will have years of explaining to do and lots of analysis to pay for if the brats pop in and see a naked Mommy dangling from hooks in the ceiling. If you decide to advance beyond this chapter, and Mom's also sporting a few crimson hand prints or rosy stripes on her fanny, it's real hard to explain to the children how she's actually having a good time.

Bondage scenes take a lot of time. You'll be amazed at how quickly the hours go by; set aside lots of them. Consider everything that goes into a bondage scene. You have to choose and lay out your equipment. You'll want to set an appropriate mood, so you will be fiddling with lighting, music, clothing, food, wines, surgical instruments -- oops, those were for the last chapter.

When everything is ready, it will take some time for the two of you to become absorbed in the fantasy. You'll proceed with a secure and attractive job of tying, which you will want to do without marring the surface of, or dislocating pieces of your darling.

Once your spectacular scene is in full swing you'll both become incredibly horny. With fate smiling upon you, that is going to eat up another hour or so. Lastly, you'll need time to relax and cool off while your submissive packs up the toys and puts clean sheets on the bed. (Philip: "Right, honey?" Molly: "Grumble.") We recommend that you plan to spend at least three hours, which, by the way, we consider a quicky.

Bondage safety

Dozens of people have told us that they disavow any association with sadomasochism because, "that's how people get hurt!" and they'd never hurt anyone, and "All we do is a little 'love bondage'." The dangers of bondage are one of the least understood, even by long-term practitioners of the art. Reaching into Molly's stack of inarguable and unsubstantiated statistics, we find that 89.3779% of all SM accidents are bondage related. OK, we made up the number, but rest assured, far more injury is done by bondage than by whipping and smacking.

Ropes have only so much give and chains have none at all. Both are a lot stronger than a body's parts. Guess which is going to give first, when push comes to shove. The following are suggestions for maintaining normally accepted anatomical order:

Three-eighths inch cord is the minimum thickness we recommend for direct contact with the skin. Skinnier cord can abrade or cut too easily. Of course, lacing fingers together with a thinner cord or string may be used, but the hazards of circulation loss and tendon strain are more probable, even if the bondage is not load-bearing. Never use direct stress on shoulders, soft organs, throat, pulse points, or fine bones.

Suspension is the art of supporting a submissive's body, partially or totally, by bondage devices. Suspension is an activity for experts only. The likelihood for serious injury is increased a thousandfold. Our advise is to stay away from suspension until you are well experienced in other forms of bondage and can find someone competent to train you. If you absolutely must subject your victim to suspension, various slings and harnesses are commonly sold in SM shops. These are generally safer than devising your own suspension with ropes, but remember, there is no Underwriter's Laboratory in the bondage trade. Caveat emptor. The responsibility for your lady's safety and well-being rests squarely upon your shoulders.

Many people are so taken by bondage that they commit themselves to a regimen of stretching exercises that they may endure stringent bondage positions. We think that it is a good idea to do some stretching before a bondage session. You can avoid a lot of injuries by doing so and it never hurts to limber up before an exhausting session. Molly is the original loose goose. She has kept herself so limber that she can slip out of almost any bondage. Of course, when she does, Philip is always more than willing to punish her for it.

Every conscientious dominant is always concerned for his victim's well-being. We have compiled the following guidelines for basic bondage safety.

Ten rules to be bound by

1) Be skilled at every bondage you undertake.

2) Bondages should be snug, not tight. Make sure you can easily slip a finger under the ropes, chains, scarves or what have you.

3) Determine how long each bondage can safely be endured and watch the clock. Begin testing new bondages with fifteen to twenty minute durations before working up to longer periods.

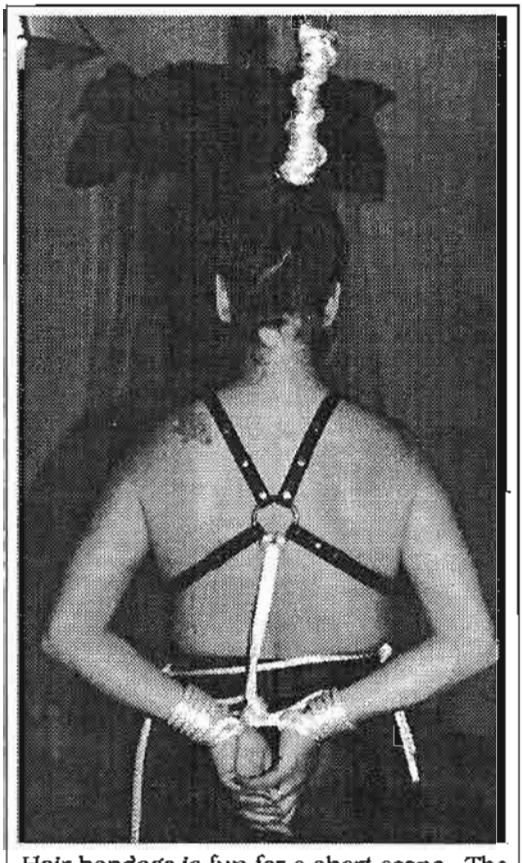
4) Submissives, never let anyone you don't know and trust very, very well tie you up. You are literally placing your life in his hands.

5) As with any SM practice, negotiate the bondages that will take place during the proposed session and clearly outline the submissive's limits.

6) Agree upon and practice your safe word before each scene.

7) Never cross pulse points with direct pressure from ropes.

8) NEVER, EVER use a length of rope or chain around the front of a submissive's throat and make sure that all bondages avoid putting any pressure there!



Hair bondage is fun for a short scene. The hair of this woman is tied to a ring above her, but her weight is completely on her feet. Never suspend anyone by the hair!

9) Keep a heavy pair scissors or a knife handy to cut your submissive loose in an emergency.

10) Always keep watch over a bound submissive!! Check constantly for numbness, discoloration, and cold skin as signs of circulation loss.

Let us expound on the rules for the bound:

1) Be skilled at every bondage you undertake.

Risk is unavoidable, however basic the bondage. Keep this in mind and stay sharp while you are doing your scenes; you will avoid a lot of unforeseen accidents.

All kinds of things happen in bondage scenes that you just can't predict beforehand: beds break; submissives squirm into very unlikely positions; cramps develop where they never did before; ropes get twisted and/or loosen; wall mounts fall out; blindfolds begin to hurt; neighbors call the cops (this has happened to us, really!); landlords, UPS drivers, meter readers, mothers-in-law, kids, and girl-scouts bearing cookies come pounding on the door hollering, "I know you're in there!" You never know what to expect.

Beginners should start experimenting with very simple bondages and take note of obvious hazards. Chumming around with other people who lash their lovers is a great way to build a list of do's and don't's. Still, you are going to make mistakes. Trying to anticipate the perils as much as possible helps you dodge anything really serious.

Joint and muscle flexibility varies widely from person to person. This is an important point to cover while you are still in negotiations. Hold her arms in positions you would like to try and ask her how it feels. How far behind her back is too far? Bondage books are filled with models who have been doing yoga since they were two. Just because they can touch their elbows together in six positions doesn't mean your honey can. Even if she claims to have joints made of elasticized pasta, check it out for yourself. Making a game of it by wrestling around with each other can lead to some spicy encounters, too. Carefully test each submissive's ability to remain comfortable within every bondage you want to try.

2) Bondages should be snug, not tight. Make sure you can easily slip a finger under the ropes, chains, scarves or what have you.

If your bondage is too easily escapable, do not make it tighter, re-evaluate your technique. A few extra turns (windings) of rope will usually cure most ineffective bondages. So, you have to spend a few more bucks at the hardware store; who said domination was going to be cheap?

3) Determine how long each bondage can safely be endured and watch the clock. Begin testing new bondages with fifteen to twenty minute durations before working up to longer periods.

It is preferable to suffer a groan of disappointment than a torn muscle. While you are a novice, we recommend changing bondage positions every fifteen to twenty minutes to avoid problems. It is easy enough to make the change a part of your scene. Frequent changes in position will help to keep your submissive's muscles from cramping or overstretching. Still, you may be inclined to experiment with long-term or overnight bondages.

Tying someone for a long time is fine if you follow a few common sense guidelines. Remember that everyone is different physically and mentally. While your submissive may be able to handle being bound overnight without physical problems, she may get freaked out by the duration. Your presence, frequent attention, and reassurance may solve this problem.

Always do long-term bondages on a bed or thick, soft padding to avoid pressure ulcers (bed sores). Pressure sores are serious injuries to the skin caused chiefly by

pressure of bones against the skin when someone remains in one position for a long time. When this happens, the skin loses blood circulation at the pressure site and begins to suffer from lack of oxygen. The affected area is commonly numb, so the person doesn't often know that a problem is occurring.

Moisture on the skin will soften and therefore weaken the skin, making it more prone to damage. For this reason, you will want to make sure that your submissive is lying on an absorbent surface. Rubber sheets are not a good idea for long-term bondage.

To avoid pressure ulcers, let your lady move about or change her position every couple of hours. Check for redness, too. Check every place where bones are near the surface of the skin, and around the area where you bind her, even if you are using the softest of restraints.

People vary greatly in their susceptibility to pressure ulcers according to age, skin condition, nutrition, and other factors. If redness persists longer than fifteen minutes after the pressure is relieved from a given site, you may have the beginnings of a problem. Decrease the interval for moving your charge.

Always bind your honey in a natural position and remember that even the most comfy position can become torturous and, therefore, dangerous in as little as an hour. One solution to this problem without ruining the fantasy is planning an "exercise" period every hour or two. This exercise can take the form of sexual "use" of your captive slave-girl, with her immediate return to bondage. Make sure to flex all her joints and check her skin for red spots.

For example: let's suppose your sweety has been bound on her back in a classic spread-eagle position. Release her, check her wrists, and re-tie her hands at her sides or behind her back. Then take her doggy style. This changes her position completely, flexes her joints, and the abused prisoner fantasy is not only intact, but you have both been laid!

4) Submissives, never let anyone you don't know and trust very, very well tie you up. You are literally placing your life in his hands.

Dominants, the trust issue is just as important for you. Don't tie anyone up unless you: (a) feel sure she can handle being helpless without freaking out, (b) are absolutely confident that the bondage you will use is safe, and (c) know your potential lover well enough to know that she won't cry rape after the scene. This last possibility has happened more than once and cannot not be blamed entirely upon the submissive. SM is powerful emotional fuel, best experimented with by people who know each other well. Misunderstandings are frequent, even between people who are well acquainted with each other.

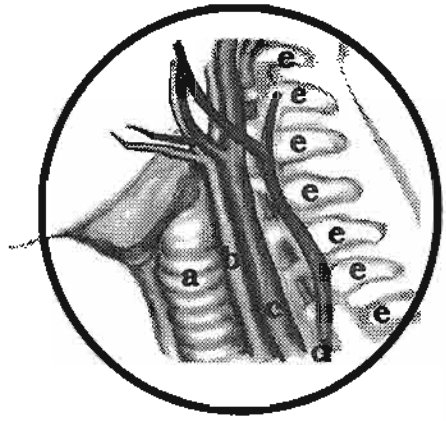
5) As with any SM practice, negotiate the bondages that will take place during the proposed session and clearly outline the submissive's limits.

Don't accept, "I'll do anything you want," as an answer. Say, "OK, but what if I want to do this?" Then move her into the proposed position and ask how it feels. Ask her where she feels the most stress. Remember that simulated bondage is looser than real bondage. Also, when you move a bound person from lying to sitting, from sitting to standing, or from face down to face up positions the stresses on the bound body parts will change. For example, bondages applied to straight legs will become a lot tighter when you bend the legs. If you're planning to have sex with your lady while she's in bondage, keep this compression factor in mind.

6) Agree upon and practice your safe word before each scene.

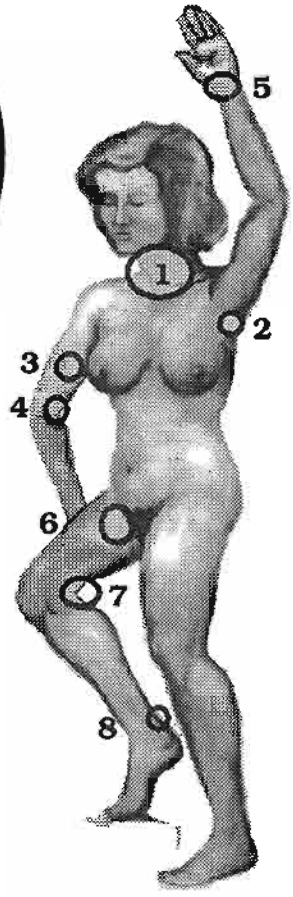
We don't have to explain this, do we? Just do it! (We'll send you a pair of Nikes.)

1 Neck & Throat



Anatomy for Safer Bondage

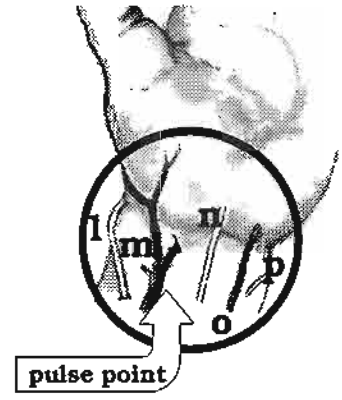
Circled areas are locations to avoid pressure or to use great care. Never put pressure on a pulse point.



1) Neck & Throat
Pressure on the throat can cause loss of consciousness, brain damage and death.

a) trachea
b) carotid artery
c) internal jugular vein
d) external jugular vein
e) cervical vertebrae
Release from suspension by a sudden drop can cause spinal injury (whiplash) or even break the neck.

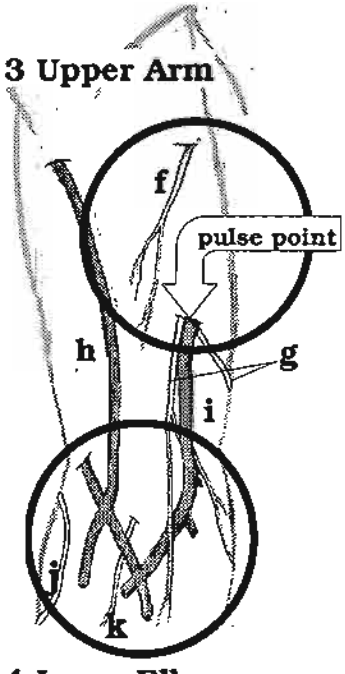
5 Wrist - Palm side



5) Wrist - Palm side

l) radial nerve
m) radial artery
n) median nerve
o) ulnar artery
p) dorsal br. of ulnar nerve

3 Upper Arm



4 Inner Elbow

2) Armpit
intercostal-brachial nerve
brachial vein and artery
Pressure on this pulse point is dangerous.

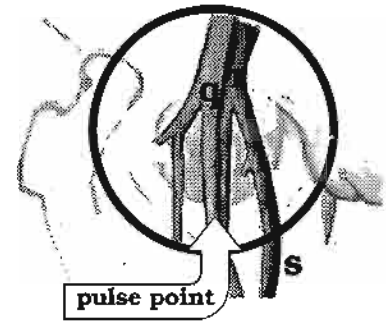
3) Upper Arm

f) medial cutaneous nerve of arm
g) medial cutaneous nerve of forearm
h) cephic vein
i) basilic vein

4) Inner Elbow

j) posterior cutaneous nerve of forearm
k) lateral cutaneous nerve of forearm

6 Upper Thigh



6) Upper Thigh

q) femoral artery
r) femoral vein
s) great saphenous vein

7) Back of Knee

8) Achilles Tendon
Be aware of how position changes put stress on this tendon.

7) Never cross pulse points with direct pressure from ropes.

Several major veins and arteries are close to the surface of the body: at the insides of the wrists, inside the tops of the thighs, inside the upper arms near the armpits, and all over the neck (See next rule, below!) You will probably encounter the need to pass a rope over some of these points, but there are techniques we will cover for shifting the load away from the pulse points.

8) NEVER, EVER use a length of rope or chain around the front of a submissive's throat and make sure that all bondages avoid putting any pressure there!

Necks are tricky to bind. Many submissives use their throats for breathing, swallowing, and screaming. A majority of subs also store their brains in the bulbous growth above their necks; therefore, a lot of their biological functions depend upon keeping all the tubes, cables, and wires in the neck in good repair. If your submissive has developed similar neck habits, encourage them by being very careful with what you wrap around them. Your relationship will last longer than a few minutes this way.

The safest way to secure a neck is to leave it alone, but if you really want to do it, use a collar designed for the purpose and bind her in such a way that any pressure will be on the back of the neck, avoiding the throat. A better alternative is to use a hood with a bondage ring attached to the top or sides of the head. This bypasses putting strain on the neck and throat altogether. Don't get nutsy, though, and try to hang your lady by hood rings. Her head may pop off and the ensuing goo will stain your dungeon floor.

Bondage collars usually come with one or more metal rings attached to them. A wide, stiff, dog collar will do, but there are dozens of bondage collars available that are made with safety and function in mind.

9) Keep a heavy pair scissors or a knife handy to cut your submissive loose in an emergency.

Is your sub afraid of knives? Hurray! Leaving a ten-inch Bowie in plain sight without an explanation can have a delightfully chilling effect! If she asks what it is for, just say you might be using it later. Just let her wonder what you mean by that, it's good for your scene. Scissors with dull, rounded ends, such as bandage scissors, are preferable to knives as they are less likely to poke a hole in your honey. Whatever you plan to use, make sure it's going to be more than sufficient to cut through whatever you're using to bind her. (See emergency quick release, below.)

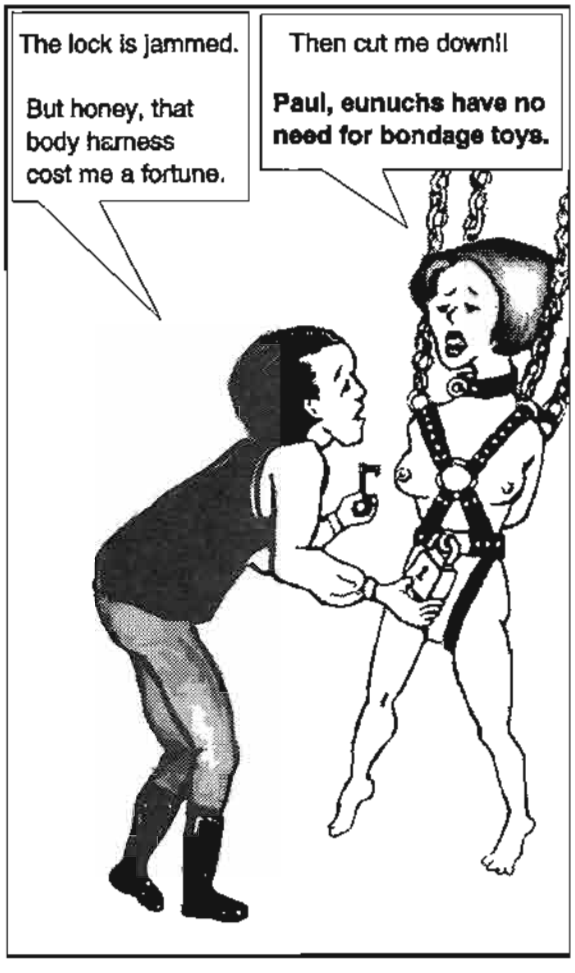
10) Always keep watch over a bound submissive!! Check constantly for numbness, discoloration, and cold skin as signs of circulation loss.

Ask her how she is doing, frequently; submissives tend to ignore problems they are having because they do not want to interrupt the scene or break the mood. They are much more likely to answer a direct question than to volunteer the information.

Emergency quick release

Be sure that any bondage you attempt can be released in thirty seconds or less. No, no, no, this does not mean planting plastic explosives beside intricate knots, that would be overkill...literally. There are several quick-release knots, such as a few links of chain plait (same thing as a crochet stitch), that will hold very securely until you pull the rip-cord. Single and double-looped bows work well, too.

As mentioned above in rule 8, keep a good pair of scissors or a sharp knife around for cutting through ropes and scarves even if you are using only quick-release knots. Any knot can become snarled during play and hold fast at the wrong time. Be fully resolved that you might have to destroy your toys in an emergency. You don't want to be nervous about cutting through a $90 silk scarf while your lover is in a panic or hurting. Letting her catch you hesitating while you measure her safety against the value of even the finest of hand-tooled leathers tends to have a corrosive impact on a relationship.



Resign yourself to it now -- all toys are expendable.

If you are using padlocks and chains, or anything else that locks: stocks or pillories, collars, chastity belts, harnesses, etc., keep the keys close at hand and make sure that all the keyholes are easily accessible throughout the scene. Keep all locks well lubricated; stash a small bottle of graphite lubricant in your toy bag and use it frequently.

Novice bondage

Some folks get downright fidgety when the topic of sexual bondage comes up. Others drool in anticipation. Most people fall somewhere in between, knowing little or nothing about it. Still, we've rarely run across an active libido without at least a passing curiosity.

Simple, safe bondage is an easy way to begin playing with power and trust. Explaining the allure of power and trust games, though, is a little like trying to describe an orgasm to a virgin. You have to try it to understand it. If you are wondering whether bondage will float your boat, but either you or your partner is nervous about it, we recommend trying the following gentle progression.

The first session

Take your novice to bed and have her lie on her back with her hands over her head or behind her neck. Her manner of dress is up to you, but you will want her wearing something that will afford access for intercourse. By now you may have surmised that we are of the "slow and sensual" school. Starting a session naked is nice, but we love to generate all the anticipation we can. Exotic lingerie helps set her mind in the right place and gives you something engaging to play with while you tease her along. Tell her that she must keep her eyes closed and that she may not move a muscle, nor make a single sound unless you tell her otherwise (to help you remove her panties, for example).

It is important to get her to agree to this. By agreeing, she is taking the first step toward surrendering to you. Reward her with delightful sensations. Begin slowly: cuddle

with her for a while, then start doing whatever she likes best, but stop short of intercourse. This exercise is entirely for her pleasure, not for yours. Summon your best cunnilingus style, if that's what she likes, play with her breasts, use your fingers on her genitals, or do whatever pushes her buttons. Work her over slowly and methodically. She'll be straining at the bit in a few minutes.

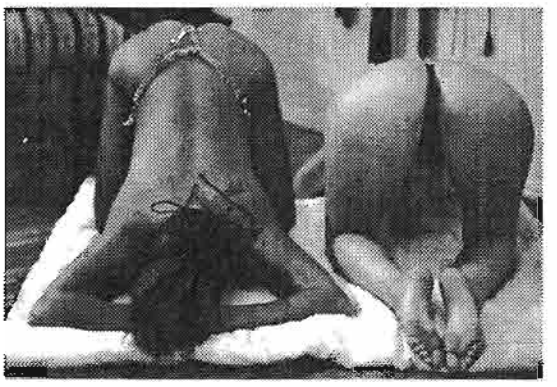
At some point, she will almost involuntarily move her hips or begin moaning and wriggling about. This is good. You want her to lose control so that you can remind her of her promise to remain still. If she is really getting hot, a simple verbal reminder might not keep her quiet. This is even better! Stop touching her. She'll get the message plenty quick.

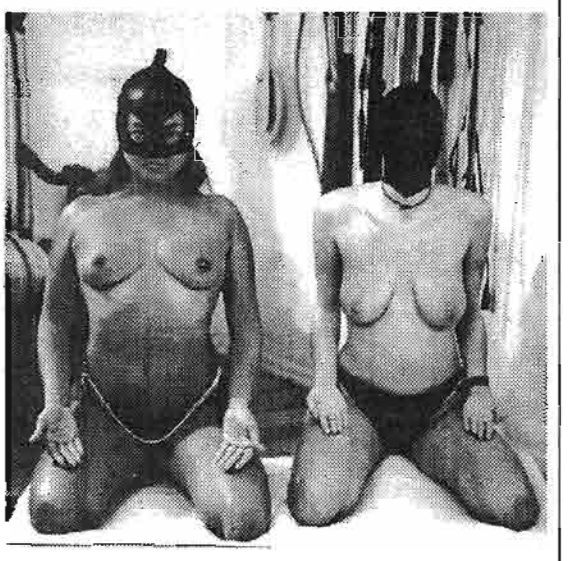
When she regains her composure (and don't you dare touch her again until she does!), reward her by resuming your loving maneuvers. Take your time by bringing her up to another frenzy. Stop again. Tell her that you will let her finish when she calms down. This time, keep at it until you sense that she is about to orgasm.

This is a critical moment, and often, a difficult one to judge. Before she comes, but not until she is very close to falling over the edge, give her a sharp command to come. She is going to come anyway, but, by issuing the command, you are both giving her permission and reasserting your control over her.

This scheme has two goals in training your submissive. Firstly, it demonstrates the joys of controlled sexual response. You generated a very strong orgasm by building sexual tension from one plateau to a higher one, then to an even higher one before allowing her a final release. Secondly, you are teaching your slave-girl the rewards of obedience through positive reinforcement; she gets to feel good if she behaves well and does what she is told to do. Positive reinforcement is a subtle and very compelling technique for beginners. There is no punishment involved that might scare her away, only good stuff or nothing at all.

Settling down time is a wonderful time to cement this new part of your relationship. Snuggle next to her under the sheets and tell her how good she was. Tell her that you are proud of her. She is going to be happy and grateful that you took such good care of her.





Mental bondage is an alternative to physical restraint. The submissive is trained to take and hold a position.

Now, let her pleasure you. Give her a gentle order to make love to you, give you an oral release, or whatever you are in the mood for.

By the way, some dominants prefer to go a route other than bondage at this point. You may, too. Some dominants, upon asserting their control, prefer a type of "slave" training with little or no bondage. They may want their submissives to learn special positions (kneeling, prone, sitting, standing) that they will assume on command. We call this mental bondage. Others may prefer to train their ladies to perform service or to dress in a special way. It all depends on the fantasy that you both decide upon, but this is, after all, the bondage chapter, so we'll proceed in that vein.

The second session

The next step introduces two new elements: a non-threatening bondage and sensory deprivation. You will need two silk (or silky nylon) scarves about three feet long from corner to corner diagonally. If you do not have these, find a substitute that will be comfortable for her keeping in mind that one of the scarves will be a blindfold. Also, assemble a small collection of things you can use to tease and surprise her with, but keep these things out of sight.

Pick things that will stimulate different senses and provide contrast. From the pleasingly sensual category you might collect: a feather, a piece of bunny fur, perfume, massage oil (terrific if it is heated before you use it), a rich chocolate truffle, a glass of wine, a heating pad, a swatch of velvet, some fruit pieces, whipped cream, a bell or pretty-sounding chime, headphones attached to your stereo or a walkman with sensual music, and a vibrator. For contrast, you might select a broken popsicle stick (to prick her lightly with a sharp point, it is safe, but will feel like a needle), an onion or clove of garlic, a piece of sandpaper, an ice cube, ice water and an eye dropper to apply it, a clothespin or two, a smelly sock, a joy-buzzer (the kind you use for "shocking" handshakes), and so on.

All of these items are to be a surprise to her; she is not to see any of them or know about them before your session.

Again, order your lover to close her eyes and remain still and silent. Repeat your instructions from the first session in exactly the same words, if you can. This reinforces the conditioning you initiated in the first session. Again, reward your lady's compliance to your commands. Pet her long enough to stimulate her, but not enough to make her really hot.

Stop teasing her and blindfold her with one of the scarves. She may be surprised (remember, her eyes have been closed) and wonder what you are up to. She may even object strongly.

If this happens, you have encountered one of two situations. You have either uncovered a deep-seated fear or your submissive is testing you. Do not try to cure a phobia in a scene, that's not safe play. Making someone panic is not safe either. If she objected to using blindfolds during your negotiations, then you have no business using one and this scenario is not for you. She set blindfolds as beyond her limits and respecting limits is an inviolable trust. But if she is testing you, or what you are doing scares her and gives her a thrill at the same time, the activity is worth pursuing.

It is easy to find out whether she is testing you or if she is really having a problem. At her first objection, stop what you are doing and ask your lady if she remembers her safe-word. Have her repeat it out loud. Remind her that it is perfectly acceptable for her to use her safe-word if she needs to and that you will stop the scene immediately. Reassure her that there are a million things to try in SM, no one thing is indispensable, but that this is something you would like her to try. Proceed. You will have your answer shortly.

The tournament of wills, or...

"You wouldn't!" she said, "Oh, but I would," he replied.

You are blindfolding her for the first time, or embarking on some other evil task and she shouts, "No!" You remind her about using her safe-word and she doesn't use it, she's not on the edge of panic, and she's not catatonic, she's responsive. But she says she doesn't want you to go any further.

Dominants always have to prove their mettle at some point; it is a normal development when you assume the roles of dominant and submissive. A dominant has to win his lady's submission. Your submissive is not necessarily testing you out of spite or just to be a brat. She may simply be frightened by the unexpected and unaware that she is testing you at all, or, she may be playfully objecting as a part of the fantasy she is living-out. In either case, you are being tested. Here is how to pass the test.

Let's stick to our example of the blindfold. Don't be touchy about her objection or ridicule her for being babyish about something as benign as a blindfold. Calmly ask her if she will agree to trust you. It is important not to go any further unless and until she does agree. If she doesn't, be supportive, loving and understanding, but tell her that you will continue her training only when she can trust you enough to allow the blindfold.

Assure her that you will not let any harm come to her, that you will never exceed the limits she has agreed to, and that you will not hurt her. If she still will not agree, quietly let the issue drop and suggest that you make love and forget about training for a while.

She will not be able to forget about it for a second. The longer the idea festers in her mind, the more profound will be her capitulation... if it ever happens. Your job is to stay cool and not give her an inch. Do not ignore her either; you don't want to deprive her of sex or affection, but she may not tell you how to administer her training. Let her rant, let her rave, if it comes to that, and you will remain calm, friendly, and loving and willing to do anything she wants to do except bondage or SM.

Curiosity is a sinister master. The odds are overwhelmingly in your favor that she will finally agree to the blindfold. This is only an example of when your test will arrive. She may have no problem with a blindfold, but balk at some other devious torture you have dreamed up. Be certain, though, that your submissive will put you on trial, usually more than once.

People are rarely aware of all of their limitations before they begin experimenting with SM. Re-negotiation is a continuing part of the game. Following our example, your lady may discover that she panics when blindfolded only after you try it. She may never have been blindfolded before. Allowing, even encouraging re-negotiation between scenes is very reassuring to a submissive, affords her a deeper level of trust and admiration for the care and concern you are demonstrating.

Tested or not, your next step is to tie a silk scarf around one of your lover's wrists leaving the one end as long as possible. Tell her to lay on the bed with her hands over her

head. Instead of tying the loose end to her other wrist, just loop it around the headboard and tell her to hold the loose end in her free hand. (In case your headboard doesn't have a place to loop a scarf, we have some attachment solutions for you below.) Make sure she doesn't peek while you are tying her. Ask her if she is comfortable.

If she gets uncomfortable or frightened, all she has to do is let go of the end she is holding and she will be free. You'd be amazed at how many people will wail and scream for release while holding on to that scarf for dear life.

Now the fun can begin.

While she is blindfolded, fetch your collection of goodies and place them within your reach. Be quiet about it, though, you don't want to give her any advance warning.

Begin stroking her body gently. Use your hands in the most sensual manner you can muster; lightly scratching her skin from her armpits to her breasts, circling there, then transversing her belly and navigating about her hips. Move your palms, finger-tips, and finger-nails in tiny circles close to her nipples, but never touch them. Nestle your fingers among her belly hairs, but leave the more sensitive flesh below unattended.

Relax and take your time no matter how she pleads, you can draw out this scene for hours. Enjoy the variation in the textures, flushing colors, and scents of her flesh. Let her pleasure flow through you. Discover where she is ticklish and where your touch electrifies her. Pinch her, sometimes softly, sometimes harder.

Control the building and waning of her arousal under your caresses. Imagine a silent movie of a car traveling over a smooth road in a hilly terrain. Slowly excite her as the car climbs a hill, sooth her as the car descends.

Let her feel different parts of you as you direct her arousal. Give her your lips between her thighs, but only your hot breath near her sex. Give her your flickering eyelashes against her throat, your tongue around the outline of her lips. Let her smell your cock while you stroke it against her cheek. Move your mouth to her hair and sigh quietly.

Now stop and move away. Let silence and stillness fill the room. You have awakened all the nerve-endings of her skin. Let those tingling nerves reach out to find you from behind the darkness of her blindfold. Let her wonder what you are up to. Let her wait a while.

Turn on some sensual music and let it play. Fill an eye-dropper with ice water and drop a single drop on her nipple. Wait for her to process the sensation. With the sharp end of a broken stick, prick her other nipple. Again, let the sensation ripple through her. Move your mouth close to her ear with the stealth of a thief and whisper that you love her.

Plan the use of your toys to stimulate her senses one at a time. Crush a clove of garlic and wave it under her nose. Then break off a small piece of chocolate, place it on your tongue and feed it to her with a lingering kiss. Use the bunny fur to massage her breasts. Tickle her ribs and armpits with a supple feather, then use the eye-dropper to coat her lips with sweetened cream. Nuzzle your cheeks between her thighs scratching them with your beard. Prick her labia lightly with a pin, then lick away each small pain from it.

Be aware of everything in the room, the music, the warmth and smells of your bodies. Let your own arousal and her responses foster your creativity and guide you. Work to bring both of you to new levels of intensity. Use the toys in your arsenal to ignite, to tease, to amuse. Cause her little pains and smooth them away with your mouth and fingers and cock and chest. Let her feel your arms surrounding and loving her. Be playful. Be dramatic. Be scary. Fuck her deeply and violently. Leave her breathless.

Afterward, untie your lover and let all your tenderness flow into her. Remove her blindfold and let your eyes communicate your love for her.

We don't know about you, but we need a shower. We seem to have become a little... um...sticky.

The third and all the rest of your sessions

Now you are ready to try more restrictive bondages. Re-negotiation is in order. What did she like, so far? What fantasies did those first two sessions elicit? What do you want to try next?

Remember to take your time, introducing only a couple of new elements during each session. Too many new things at once dull the effect of each part. Soon, you will come to understand the levels of bondage with which you are comfortable and can begin mixing your bondage with other elements of SM.

Is corporal intriguing to you? Experiment with spanking and paddling. Does torture hold a special appeal? Surprise her with the delights of fire and ice. Has she always held a secret fantasy of humiliation? Strip her naked, bind her arms and crotch. Then cover her with a full length coat and take her shopping in the mall. Let your imaginations soar!



photo by Jerry

8 Of Humane Bondage

Bondage Techniques



ou are visiting your neighborhood hardware store. For the last twenty minutes, you have been standing in front of a pegboard display offering three dozen kinds of rope. Your eyes settle on one plastic bag after another as you visualize each rope wrapping around your true love's naked, tawny body. Finally, a sweet, grandmotherly clerk saunters up beside you asking, "May I help you?"

Realizing the spectacle your absent-minded behavior must have created, every cc of your blood quits nourishing whatever part of your body it was busy feeding and rushes to your face, which is now glowing brighter than a river of molten lava. "No, thank you," you manage to stammer.

"I like the nylon, three-eighths inch, twisted strand stuff, m'self," the hardware matron offers, "it marks my skin some, but it makes a lovely vibration when my husband draws it over my nipples."

Battling to hang onto your cool, you cock an eyebrow and thank Granny Fixit calmly, and reach for a polybag of nylon, three-eighths inch, twisted strand. Unhappily, the polybag snags on its hook and the whole display crashes merrily over your head. Even more unhappily, the accident doesn't kill you and now every eyeball, forefinger, and mouth is glaring, pointing, and laughing right at you and they don't stop until you melt into a puddle of mortified slush.

Bonds that tie

To help you avoid this scenario of social suicide, we prepared a brief look at the kind of ropes to use in your bondage scenes. Wandering into your hardware store you find rope in sisal, hemp, manila, nylon, cotton, the poly family (Ester, Ethylene, Propylene, and Amide), and cousin Kevlar. For the most part you can toss out every one of these but cotton and nylon. Toy with the others, if you will, but we predict a short and unsatisfying affair.

Both nylon and cotton ropes are constructed in two styles, braided and twisted strand (or cable-laid). Braided rope is what we usually think of as the type we use for clothesline. Six or eight bunches of fibers are braided around a core. Twisted strand is made from three strands of rope laid right-handed (twisted to the right). Each strand is made from three to nine smaller strands of yarn, twisted left-handed. Both kinds of rope can, of course, be found in a plethora of thicknesses.

To pare down your options, we suggest you keep a few goals in mind. You do not want the rope to be too abrasive, nor to be so thin that it becomes deeply imbedded in the skin over the length of time you anticipate keeping your lady bound. Also consider the types of bondages you want to do. Three-eighths inch is a good, all-purpose bondage rope, half-inch and thicker is fun for wrapping (semi-mummy style) but it is more difficult to handle and the knots may be more cumbersome to deal with. Philip prefers a thicker rope for threading through a lady's crotch because it covers more flesh and feels more formidable than three-eighths inch rope. Still, tastes and crotches vary considerably. You just have to resign yourself to experimenting with different textures and thicknesses until you find the right combination for you and your sweety.

People continually debate the merits of cotton versus nylon ropes. We prefer nylon; you'll have to make your own decision. The arguments usually include the following: Cotton is more abrasive than nylon. Nylon is soft and silky against the skin. But, if cotton is laundered with a fabric softener it can be as soft as nylon. Nylon doesn't hold knots as easily, nor as tightly, as cotton. A half-decent knotsman has little trouble with nylon. Cotton shrinks as it dries, causing tighter bondage and knots that are difficult, if not impossible, to untie. Knots that are difficult to untie are good. Knots that are difficult to untie are bad. Nylon is more expensive than cotton. Cotton is more expensive in the long run because you ruin more rope by having to cut people out of bondage.

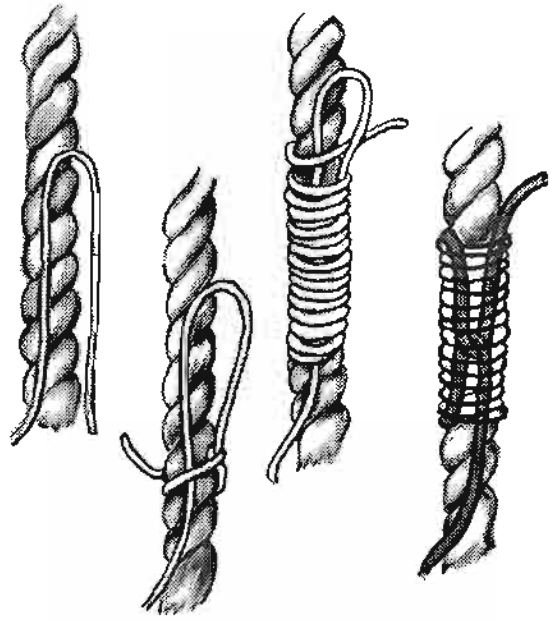
A similar unending debate flourishes between braided and twisted strand rope. Braided rope fans insist that twisted strand unravels too easily. Twisted strand devotees are willing to go to the extra effort to finish the ropes properly in order to enjoy the bumpy ride afforded by the twists as they are slowly dragged across the skin.

Again, make your own choice; we prefer twisted strand nylon for its sensual feel. If you are inexperienced, start with nylon, braided or twisted; we feel that it is much more forgiving than cotton.

Finishing the rope

The ends of every piece of rope you use in bondage should be bound (whipped), melted (this works only for nylon rope), taped, or knotted to keep them from snarling during your scenes. Finishing a rope helps prevent difficulty in releasing bondages and makes it more attractive.

Finishing Rope Ends by Whipping



Whipping a rope is the most traditional form of finishing rope ends. Whipping amounts to wrapping the ends with several turns of a string or strong thread to keep the rope from unraveling. A classic rope whipping technique is illustrated at left. After whipping the rope ends should be trimmed to about one-quarter inch away from the last turn of the whipping.

Melting the ends of a nylon rope is easily accomplished using the heated blade of a knife. Be sure to melt all the fibers together into one lump so that none are free to unravel. Melting tends to leave a few sharp points on the rope end which can be easily sanded smooth.

Taping is a quick method of rope finishing which can, with a little planning, be a great help to you in performing your bondages. Any strong tape will do, but if you use colored, plastic or electrical tape, you can color code your ropes by length.

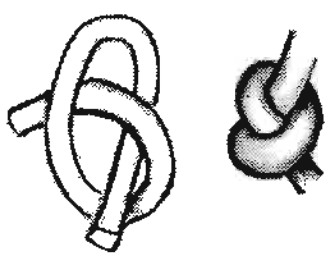
When choosing the colors to code the lengths of your rope, keep in mind that you will often be doing your scenes in dimly lit, romantic settings. Therefore, choose colors that will contrast sharply, making it easier to select the right length at a glance. We suggest white for six-foot lengths, red for ten, yellow for fifteen, blue for twenty, orange for thirty, black for forty. An alternative to the color sceme is to draw rings around the ends with indelible marking pen to signify length. Use one ring for six-foot lengths, two for ten, three for fifteen, etc.

Knot books offer a number of ways to create round or cylindrical finished ends. Though knotted ends look great, this is our least favorite method of rope finishing. The knotted ends, being thicker than the rope itself, are a hassle when executing bondages. Still, making a simple overhand knot in the end of a rope to keep it from fraying is a handy quick-fix.

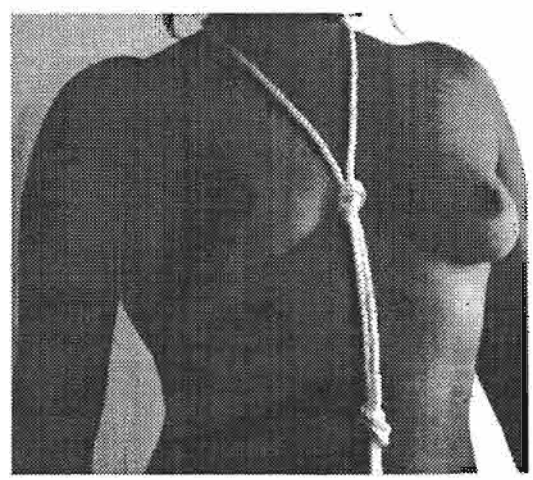
Knots

There must be sixteen squizzillion knot books on the market, so we're not going to spend a lot of time teaching you what you can learn better elsewhere. Philip's favorites are the square knot, the half-hitch, the overhand knot, the figure eight knot, and the chain stitch. He applies almost all his bondages with combinations of these simple knots.

Overhand or Thumb Knot

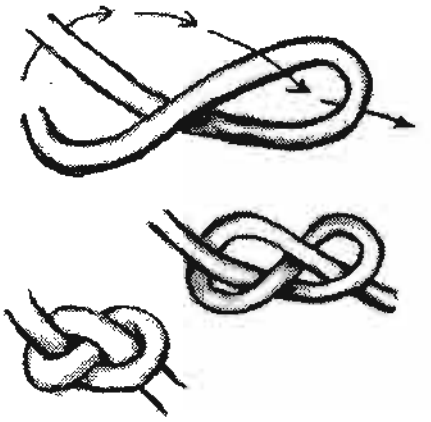


The **overhand knot** is the simplest knot to tie. It can be used as a stopper to keep a line from slipping through an eye, ring or hole, or it can be used as a simple method of keeping a rope from fraying. Some call this knot a **thumb knot**. Overhand knots are also good for creating loops as in the photo at right.



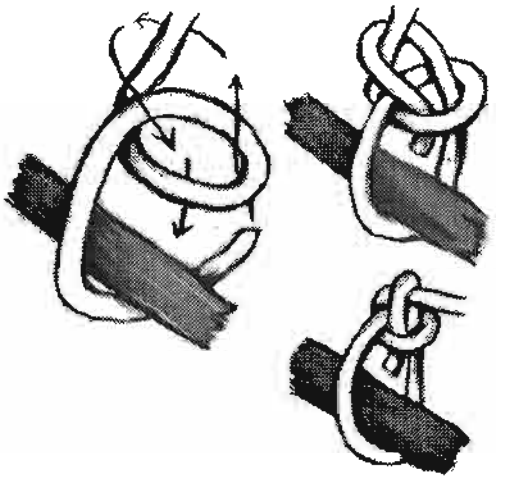
The overhand and the figure eight knots are also used for creating strong, non-slipping loops. This photo shows an overhand knot used to make a loop for the beginning of an oriental rope dress. Using a figure eight knot in place of an overhand would yield a more decorative knot that will also lay flatter.

Figure Eight Knot



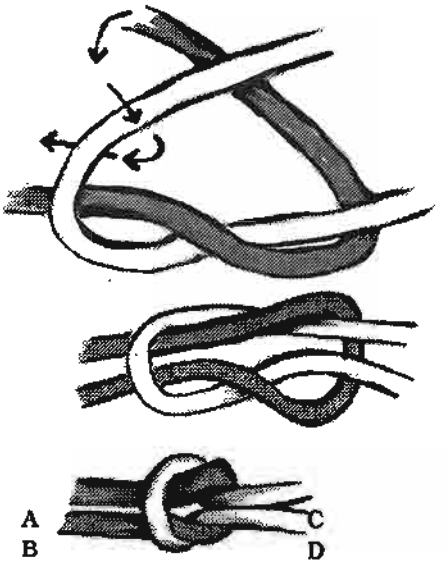
The **figure eight knot** serves the same purpose as the overhand knot. Its advantages are that it is large, so it will not slip through a ring or eye as easily, it can be considered more decorative, and it is easier to untie.

Bowline



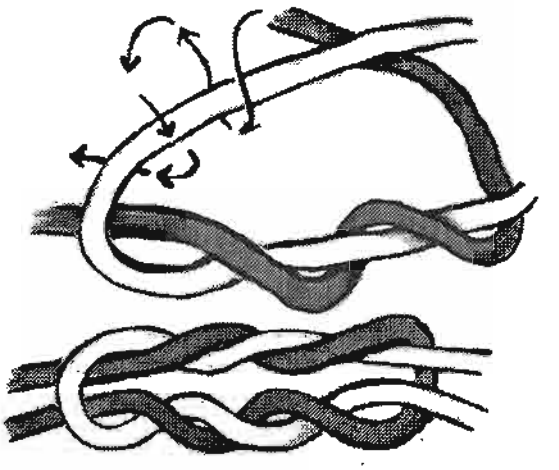
The **bowline** makes a very safe, non-slip loop. We don't use this knot very often, but it is an essential for suspension bondage where loops that can be relied upon not to tighten are critical.

Square or Reef Knot

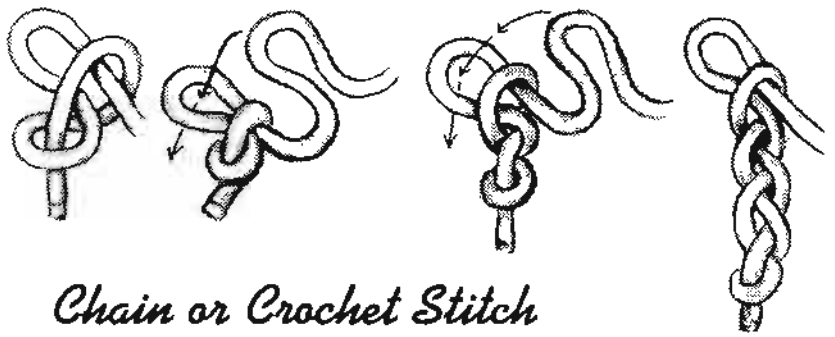


The **square**, or **reef knot** is the workhorse of most of our bondages. It is a quick, easy knot to tie and holds well for most purposes. This knot is generally used to join two ends or pieces of rope that are the same size. To break the square knot, simply hold the two adjacent ends (A&B, or C&D), and pull them apart sharply.

Surgeon's Knot



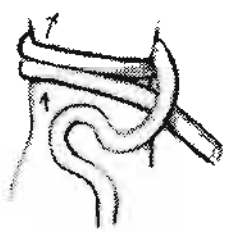
The **surgeons's knot** is similar to the square knot, but each step includes one extra twist between each of the two steps in tying it. This helps to keep the line tight between steps. This knot is useful when you are joining two lines together when they are under tension.



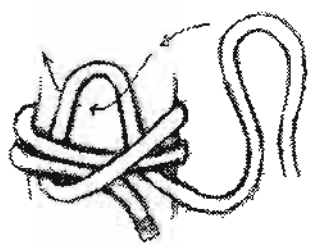
Chain or Crochet Stitch

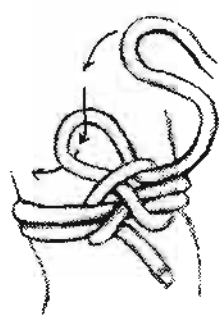
The **chain** or **crochet stitch** is an attractive and useful knot. When binding the ankles, several "links" can be tied between each ankle to create a decorative and effective hobble. The chain stitch can also be used as a spacer between the elbows to anchor them behind the back without stressing the shoulders. For either of these uses, tie as many links as desired for the length of the hobble or spacer, then pass the loose end through the open loop to fix the chain so that it will not unravel.

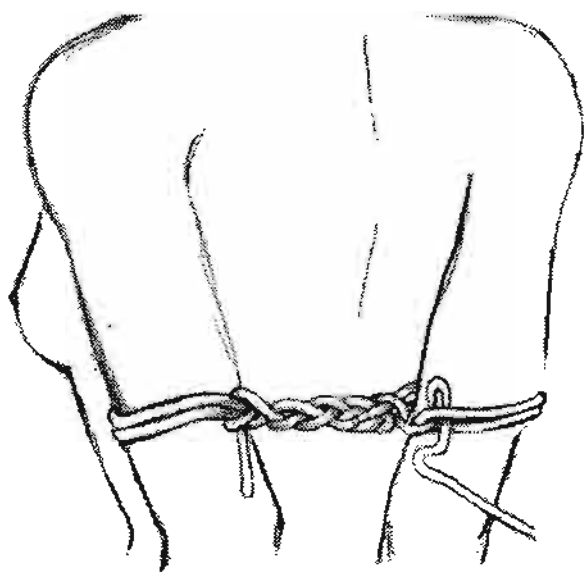
One of the more interesting features of the chain stitch is that it unravels instantly by tugging on the loose end. This makes it perfect as a quick-release knot. The illustration below demonstrates an elbow bondage with a chain stitch spacer and extending one of the links, using it to bind the right elbow. We locate the finishing stitch where the submissive cannot reach it. Using the chain stitch as an instant release provides both a safety factor and can add to the drama of releasing your lady from an intense scene by popping the ropes off with a single tug.











Releasing your victim

At the end of a bondage scene it is considered polite to untie your submissive. Generally, submissives object to being left to die in bondage and it has been known to annoy religious societies, local law enforcement agencies, and close relatives. Since it is the only acceptable etiquette, why not make untying your submissive a fun part of a scene?

You have played the villain so far; now you can become your lady's hero, slicing through her bonds and gathering her up into your arms! Or, you can stay in thug mode, adding to the torture by slow, ceremonious unraveling of your physically and emotionally spent victim.

If you are using twisted strand, you can untie a rope and slowly draw it from under another rope that is still under tension. This sets up an intriguing vibration that is particularly taunting if the taut rope passes over a nipple or a vagina that has already orgasmed about thirteen times.

Also, many submissives are very nervous around knives. You can squeeze from her a few more ounces of fear as you abruptly (but very, very carefully) slice away her bonds affording her both the glorious sensation of instant release and the thrill of being so close to a razor-sharp blade.

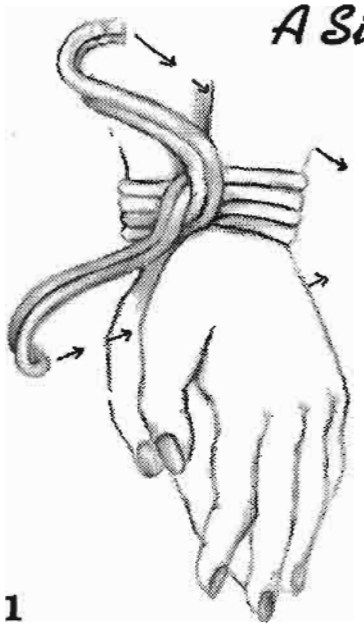


(Photo: Jerry)

If the knife is just too scary, or you are too worried about cutting your honey, you can still give her the quick release by using safety shears. You should always have a pair of safety shears around, anyway, for emergency situations. These shears have blunt ended blades and are tough enough to cut through coins. Safety shears cost only a few dollars and are widely available in variety and hardware stores.

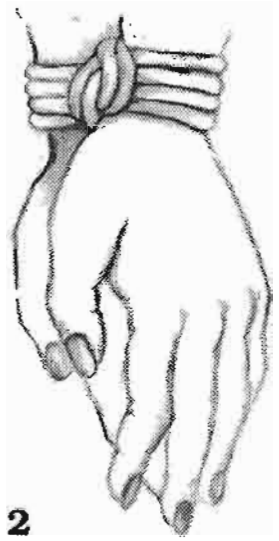
Better still, give your lady love an instant release by incorporating the chain stitch or bows at key points in your bondage. This takes a great deal more planning, but the magic of tugging on a few loose ends and having all your ropes magically fall to your submissive's feet will delight her and earn you no end of respect. This is no easy feat, but it can be done. If it all works the way you plan it to, you deserve to be fed peeled grapes while having your genitals attended to most tenderly.

A Simple Wrist Bondage



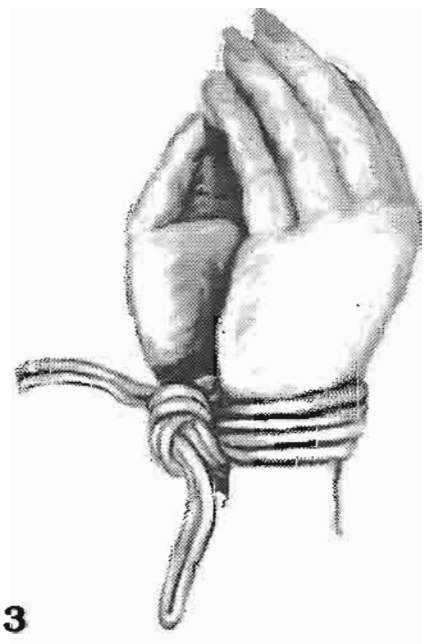
1

Place the lady's palms together. Fold the rope in half and wrap it around the wrists twice. Don't pull it tight. Just make it snug. If you cannot easily stick your finger under the rope, it is too tight.



2

Bend the loose ends across each other, pass one end between the hands and the other between the arms above the double wrap.



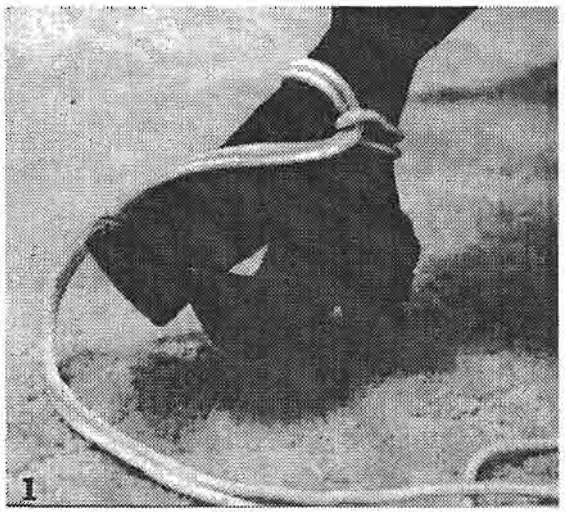
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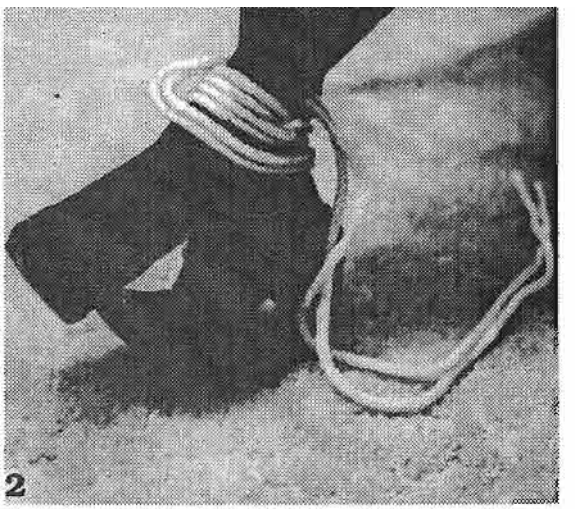
Secure the loose ends with a square knot, and torture away!

Use a six- to eight-foot length of rope. We recommend a three-eighths inch braided nylon, commonly found in hardware stores. Twisted nylon works fine too, but the ends tend to unravel more readily.

Always try to use a "palms together" bondage to avoid putting pressure on the veins and arteries inside the wrists. This bondage is effective because the knot is below the wrists, a difficult place for the submissive to reach.

This bondage also works well for ankles and knees where you want the limbs to be bound in a parallel fashion. For ankles, start with a ten-foot piece of rope, for knees, you may need fifteen feet. You may wish to add more stringent bondage by adding more turns around the limbs or more cinch knots. You will need twice the rope for every two extra turns you choose to add and about one third of the original length for every two cinch loops. Select a longer rope accordingly.


1


2

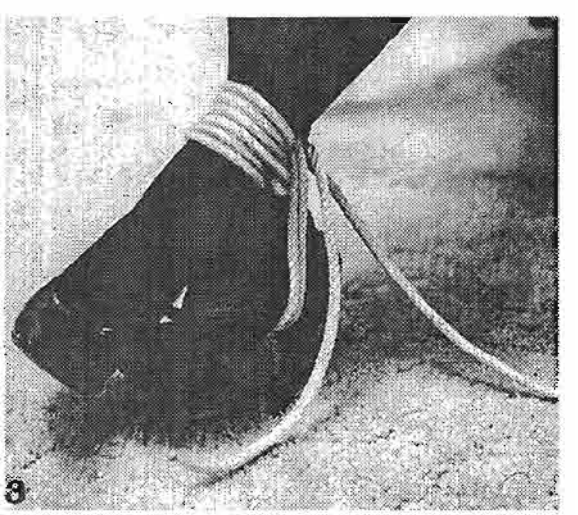
Crossed Ankle Bondage

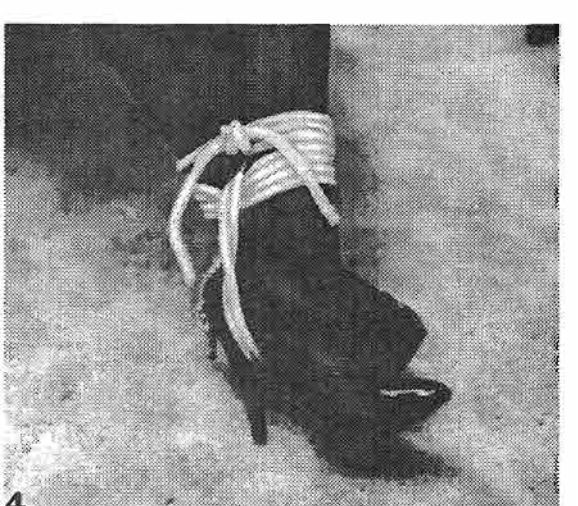
Positioning your lady in high heels with her ankles crossed makes an ankle bondage more difficult to escape and increases her feeling of vulnerability.

This example incorporates the heels of the shoes into the cinch loop. This adds to the visual effect and helps to keep the shoes on during play. We use a ten-foot length of three-eighths inch twisted nylon here. The rope is folded in half and looped around the ankles (fig. 1). Pass the rope a single turn around the ankles, than pass it between the legs above the turn to begin the cinch loop (fig. 2). The cinch loop hooks under both ankles and is passed again between the legs (fig. 3). The loose ends are then wrapped around the ankles in opposite directions and the bondage is finished with a square knot (fig. 4).

For added stability, you may want to increase the number of turns and use a couple of cinch loops instead of one. This will require doubling the length of the rope.

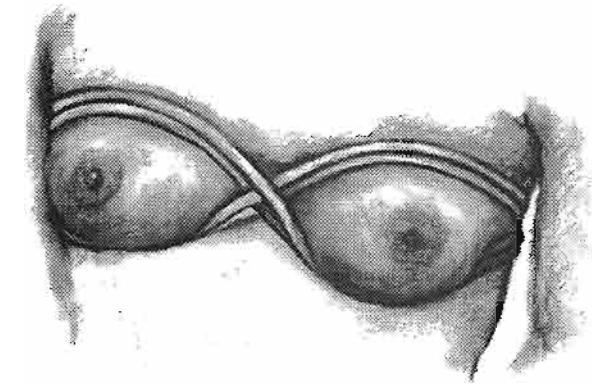
Crossed-legged ankle bondage yields a delightful dilemma for your lover. In this position, it is very difficult to keep the legs together which affords easy access to the treasure between them.

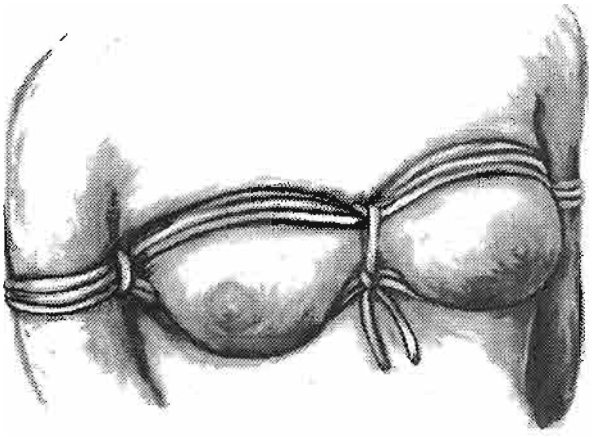

3


4

There is a running controversy about the safety of winding rope around each breast or binding breasts tightly. Some feel that tight breast bondage may cause the skin to stretch and/or encourage the growth of cysts. Women who are prone to developing cysts should avoid breast bondage or use a low impact bondage such as illustrated here.

Breast Bondage







Oriental rope dress

Rope dress is a most attractive and versatile bondage. There are two traditional styles of oriental rope dress, the diamond and the box. We will be illustrating the basic diamond style. It looks like an intricate web of rope which enhances your submissives shape by covering her with symmetrical diamond patterns.

Once you master the principles of the basic style, you can begin to experiment with doubled ropes, overlapping diamond patterns, and various configurations for attaching the arms and legs to the rope dress. The rope dress can also be useful as a harness or for attaching the person to furniture, whipping benches and the like.

Rope Dress

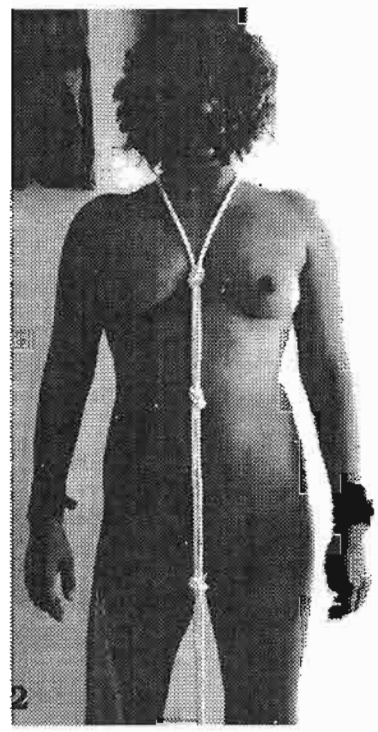
1) You will need a length of one-quarter inch or three-eighths inch rope from forty to fifty feet long. Fold the rope in half and tie an overhand knot in the middle, leaving a three to four inch loop. Your lady will have to be standing up to apply this bondage.

The overhand knot is placed behind your lady's neck with the ends draped over her shoulders and hanging between her breasts (fig. 1).


1

2) Make sure your lady is standing up straight. Tie three more overhand knots placed so that the top one is directly between her breasts and the second at or slightly above her navel. Placement of the third knot is critical to maximize her enjoyment of the bondage. The third knot should be tied so that when the rope is brought under her and up between her butt-cheeks, the knot rests directly on your lady's clitoris. The knot will stimulate the clitoris with her every movement (fig. 2).

Now pass the two rope ends between your lover's legs, between her labia, and upward between her ass-cheeks, then thread the ends through the loop at the back of the neck. Pull it slightly taut and adjust it as necessary to ensure a snug, but not tight, fit. Do not make it too tight, we are going to be putting more tension here shortly.

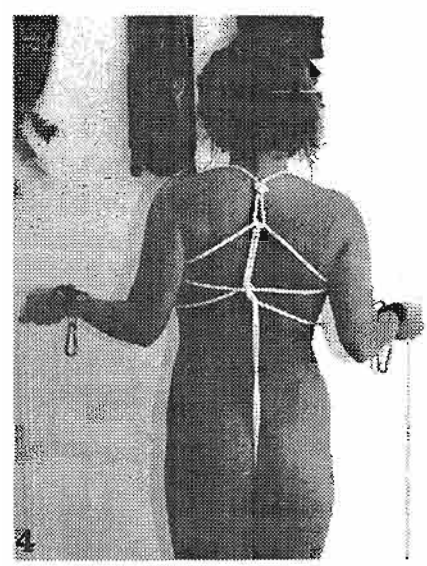

2

NOTE: An attractive substitute for the overhand knot is the figure eight knot. As the ropes are doubled, the figure eight should be tied taking care to form a flat, even knot serving as a decorative focal point.

ANOTHER NOTE: Clitorises, as do any of nature's gentle creatures, vary greatly in size, shape and sensitivity. If your lady's clitoris is very sensitive, you may opt to tie the bottom knot so that it rests just above the pubic bone. You don't want it pressing against the pubic bone, so aim for the top line of her furry triangle. If she shaves, come see us, we'll find it for you. (Aren't we gracious?)

Now, instead of passing the rope ends between her labia, pass them to the outsides of her labia majora, in the crease between each thigh and the outer lip. Then you may bring the ends together and proceed as directed above, threading the ropes through the loop at the nape of the neck.



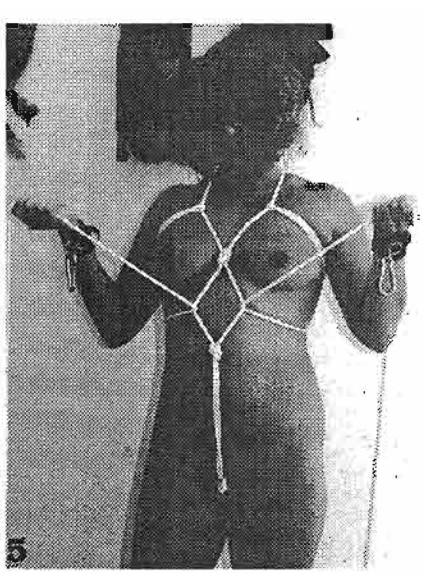


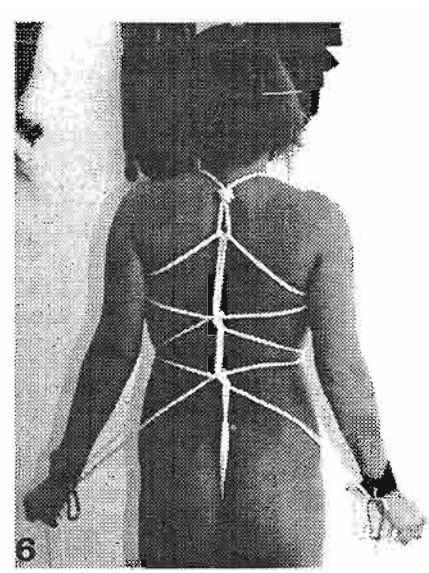
3) Now bring each end of the rope around to the front, passing them on either side of her and under each arm and above her breasts. Thread each end under the ropes descending toward the knot between the breasts and tug each end outward, slightly, to separate the midline ropes (fig. 3).

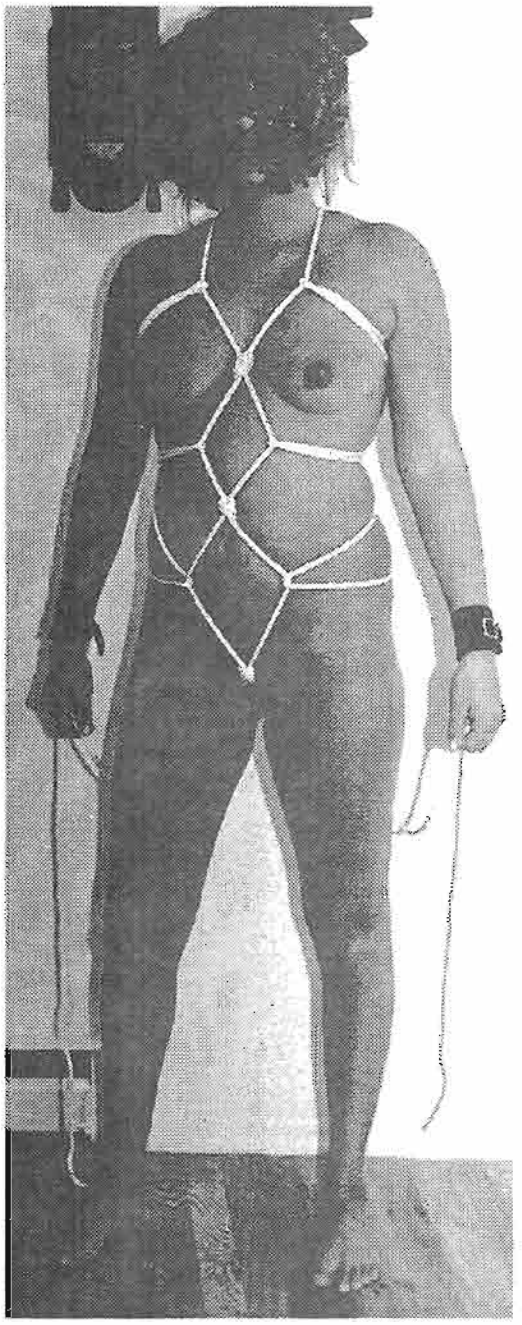
4) Pass the ends back under the arms again and around to the rope running along your lady's spine. Loop each end around this doubled, midline rope, passing them under the arms again toward m'lady's front (fig. 4).

5) This time the ends will go beneath your sweetheart's breasts, in fact, try to place the rope just beneath her rib cage, following the line of her ribs to where it meets the descending rope in front. Again, thread each end through one line of the double rope and tug outward to create a diamond shape in the midline ropes (fig. 5).

6) Repeat the process of step #4 in back (fig. 6) and make the bottom diamond as you did in step #5. Finish the rope dress in the back with the knotting of your choice.

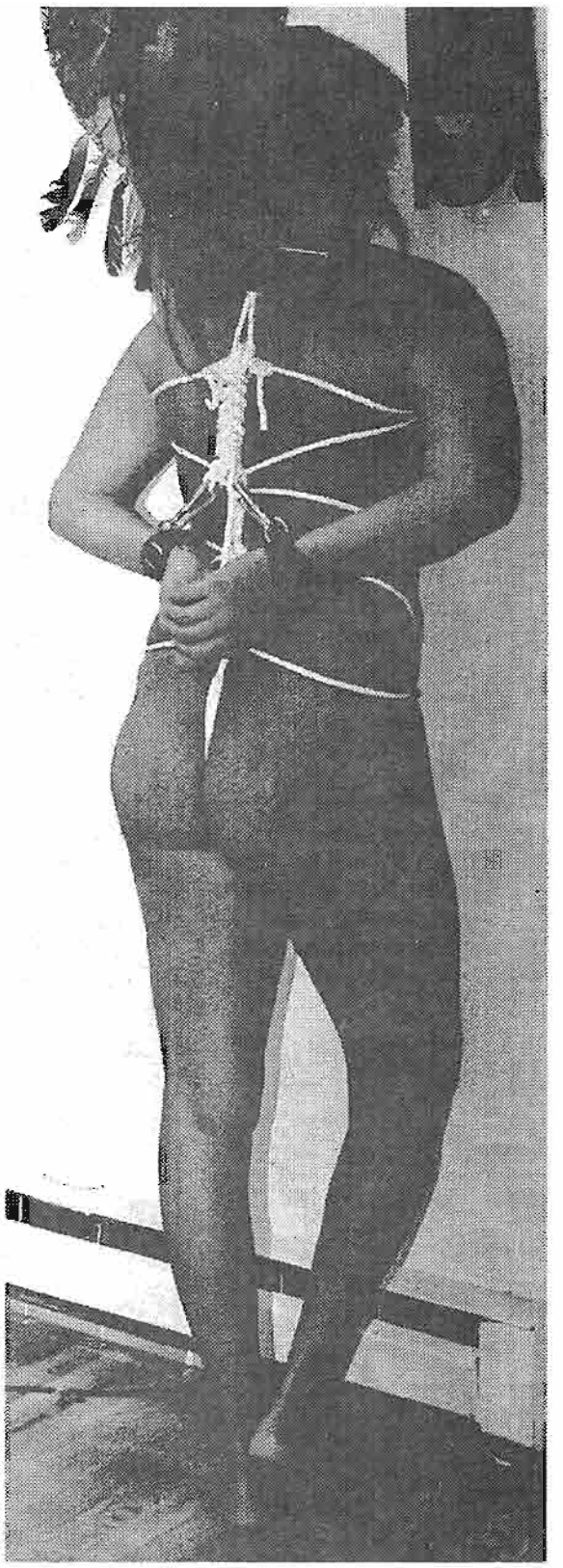






The finished product from the front is shown above. Notice that she is holding the two, rather long ends of the rope left over after the operation was completed.

One possibility for finishing the rope dress is making a decorative attachment for the wrists by braiding the remaining rope around the midline rope (right).



Hints

Creating rope dress takes time, relax and enjoy the process. Hurrying will only snarl the ropes and cause frustration.

As you are threading, you will find that there is a lot of rope to contend with. Pull slowly to avoid rope burn; the friction builds up very quickly.

Always maintain tension on the ropes to retain crisp diamond shapes. Each time you thread the front rope and pass the ends around back, give them a little tug to pull apart the two parts of the front rope yielding the diamond patterns that makes this bondage so pretty and creating a nice snug bondage. Allow your submissive to hold the ropes under tension as you work from front to back.

Variations

There are a million ways to add your own signature to an oriental rope dress. Use various colors, sizes, and textures of ropes. Macrame a star in the center knot and attach ropes to radiate from it creating all kinds of patterns.

You may choose to use thinner parachute chord, which comes in many bright colors or a thicker, half-inch rope which can also be found in a fair array of colors. We have seen some in a soft gold nylon that would make a stunning rope dress.

Thinner rope affords a sleeker look to the rope dress that subtly enhances the body. Thick rope makes the bondage look more formidable and intimidating. We like them both.

Instead of winding the rope around the midline rope in the rear, you can add two additional knots to the midline, one at the small of the back and one-half way up, between the one at the small of the back and the loop at the nape of the neck. Then, as you are winding from front to back, you can create diamonds in the back the same way you did in the front.

You can attach a shorter rope, about twenty-five to thirty feet long, to the front, bottom knot to create a diamond rope dress for the legs. Similar attachments can be made starting at the hips or shoulders to make rope dress for the arms.

The box style rope dress, mentioned at the beginning of this section, utilizes two midline ropes in much the same fashion as we wound the wrapping ends to the midline rope at the back of the diamond rope dress. This can cover your lover from head to toe, wrapping her as you might a long package.

Rope alternatives

There is a camp of bondagers who enjoy using anything but rope to secure their charges. When these folks poke around in their closets and dresser drawers, scarves, belts, bandages, and neckties all begin to assume erotic dimensions.

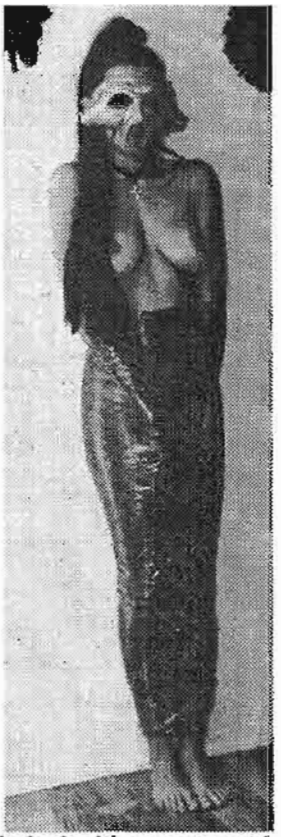
You can create some stunning bondages using several brightly colored satin or nylon scarves. Belts make terrific bondage straps, but get yourself a leather punch; the holes seem never to be in the right place. Bandages, both gauze and elastic, can provide endless memories of dear old mummy, and neckties, well, we've always thought they look much more appealing around her wrists than around his neck. Yet, these are only the most obvious of bondage treasures to be found laying around the house. Erotic play toys are indigenous to every room of the house.

We find ourselves drooling over rolls of plastic food wrap. (It comes in colors, shoppers!) Philip is fond of using an entire roll to encase his ladies from shoulders to toes. Once she is helplessly gift wrapped, he takes his time with his sexy packages, carefully cutting holes through the plastic to tease, torment, and have sex with various pieces of the lovely dish inside.



Wrapping (photo: Jerry)





Our plastic wrapped lady looks like a mermaid.

Plastic Wrap Bondage



Breaking free (photo: Steve Lauer)





A well placed heart.

We know people who can find lascivious uses for a staggering array of common items: large bath towels; layer upon layer of thick sweaters; parkas; sleeping bags; laundry sacks; duct and electrical tape; bed sheets, blankets; throw-rugs; curtains; and all manner of industrial packaging products. Aside from beds, they also make use of other furniture, exercise bars, ladders, stair railings, doors and door frames, and closet poles.

While scavenging through the house looking to convert ordinary objects into sex toys, don't overlook unusual combinations of things. The spreader bar below comprises an ordinary man's belt and a foot-long length of PVC pipe left over from a plumbing repair. It can be used to manacle the wrists, the ankles, or elbows. For a longer spreader bar, use two belts linked, chainlike, inside a longer piece of pipe. The surface of PVC pipe takes spray paint very well, so it is easy to cover over the black stenciling.



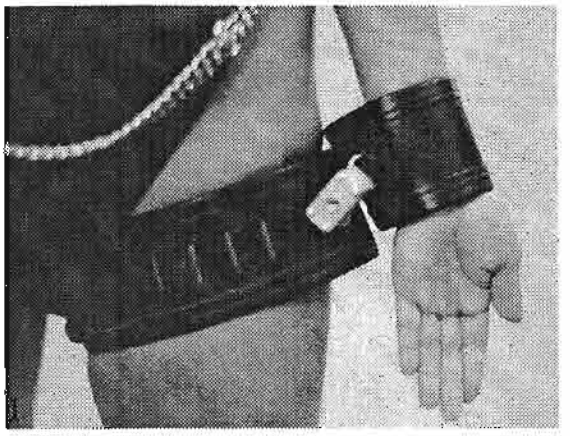
Wrist and ankle cuffs

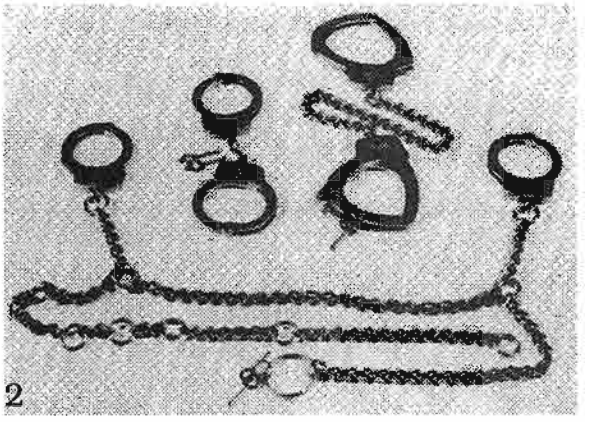
The bondage community has spawned a cabal of craftspeople engaged in designing traditional and innovative devices for imprisoning themselves and others. Chief among this clique are the leathercrafters whose wares can be found in erotica and SM shops around the world. (See our appendix for a list of vendors.)

Though the primary materials for handcrafted wrist and ankle cuffs are leather, metal and cloth are becoming more prominent as vegetarians and the politically motivated turn their interests toward bondage. Handmade cuffs are often lined with fur and sheepskin, or the synthetic versions thereof.

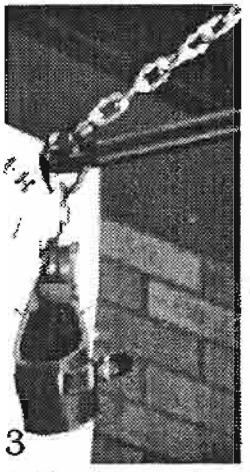
There are so many designs available that it is impossible to describe all the types available. There are cuffs designed for light play to full body suspension. Some lock with padlocks and others have simple buckle or velcro closures. There are cuffs made to be easily foiled (for self-release) and cuffs that can outwit the budding Houdini.

Look for materials and construction that suit your bondage style and purpose. Avoid cuffs that are cheaply made, narrow enough to cut off circulation (wide bands of leather spread stress over a larger area, thus reducing the likelihood of constriction), or that have hardware that might injure you. Rivets should be strong enough to suit the task. The strongest are called keyposts. These have two pieces that screw together as opposed to the common rivets which are hammered together. Buckles also come in a wide variety. Don't buy cuffs with buckles that are stamped from sheet metal; the finishing of these is often poor and they can have rough or sharp edges.



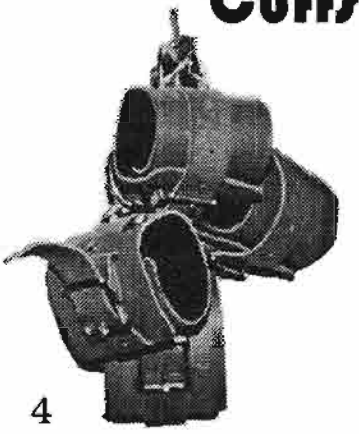


2



3

Cuffs



4



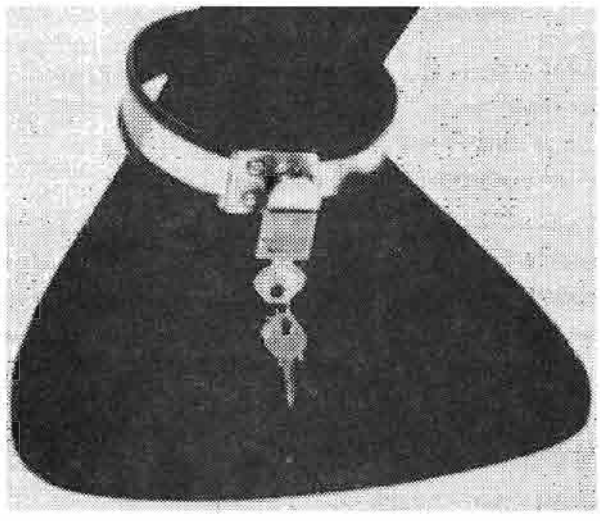
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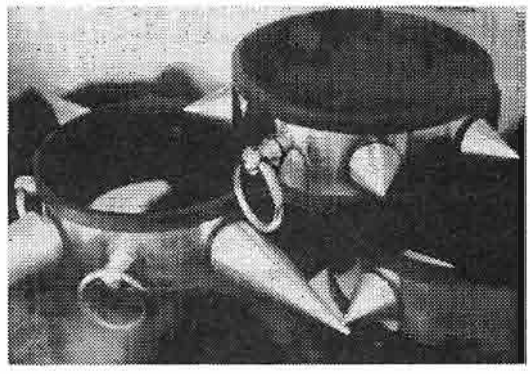
1) Thigh-to-wrist cuffs are locked with a common padlock. 2) Steel handcuffs, leg irons and belly chain made by Smith & Wesson from the Leather Master's Catalog, California. 3) Suspension cuffs used on a trapeze and 4) comfortable wide leather cuffs are from Fantasy Isle, a fetish boutique in Danbury, Connecticut. 5) Our favorite double-wrap suede cuffs.

The signs of a better leather cuff include beveled, cleanly cut, straight edges and rugged hardware. Also check for uniformity in the leather used to make them. Hides are not uniform in thickness or finish; better craftspeople are willing to waste some leather to make a good, uniform product. Only you know the stress to which your cuffs will be subjected. Choose carefully; it is easy to waste your money and spoil your fun on the cheap stuff.

Police supply houses are learning to turn a blind eye to their customer base as handcuff orders abound from individuals without security credentials. We're not big on steel handcuffs. If you struggle in them, they hurt. Steel cuffs are usually made with squared edges that dig into the skin to make prisoners struggle less. This is exactly why some people prefer them. The rounded-edged cuffs made by Fetters of England are less punitive, still these are also uncomfortable after a while.

If you like steel handcuffs, though, be sure to get a good pair with a pin that allows you to lock them in a position so that they will not close tighter than you set them. Expect to pay from fifteen dollars for a generic brand and up to fourtyfive dollars for brand names like Smith and Weston or Hiatt.





A leather buckling collar, a locking steel style, and these creatively outrageous models in a glass case display are just a few of the many collars found at Dressing For Pleasure in New Jersey.



Bondage harnesses and collars

Harnesses and collars are typically made of leather, but we have seen some crafted from nylon webbing, fur, even stainless steel and wrought iron. Collars are less useful for bondage than body harnesses because of the fragility of the neck, but they carry a heavy emotional influence. Bondage harnesses fit over the shoulders, around the torso and often around the upper thighs. These are usually outfitted with steel or brass D-rings for attaching the legs and arms to the harness or for attachment to fixed furniture, hooks in ceilings and floors, etc.

As with wrist and ankle cuffs, look for quality and fit. Most harnesses are not designed for suspension (hanging the body in mid-air), they are designed for simpler bondages. Unless the craftsman specifically builds a harness for suspension, do not presume that it will suffice for that purpose.

Many collars have D-rings built-in that look solid enough for bondage purposes. We recommend treating them as decoration only. Because of the potential for danger, use collar rings only from the front and only for very SM practices, such as attachment to a leash. Never attach a collar ring to a suspension bondage.

Blindfolds

Blindfolds are wonderful beginner's toys. Scarves, sleeping masks and cloth diapers all make very serviceable, inexpensive blindfolds. Make sure not to tie the blindfold too tightly. Pressure on the eyes causes that ageless, anti-erotic excuse, the headache.

A naked, blindfolded lady is not only a vision of loveliness, she's going to feel more vulnerable. She'll feel even more so if bind her, hand and foot, in a classic spread-eagle position. This is, of course, assuming you have progressed to light bondage. Prepare a nice tray of goodies to tease her with while she's sightless. Ice cubes, feathers, silk, fur, sandpaper, pins, scented oils and perfumes, chocolate, fresh fruit, champagne, and whipped cream are the kinds of things you're looking for.

Get the picture? What you're trying to do is awaken all her other senses while her sight isn't available. You can pipe some of her favorite music through stereo headphones, too, to keep her from hearing what you are cooking up next. Stealth, surprise and creativity are your allies here. Take your time between introducing each new sensation. You can perform a virtual symphony of tastes and textures on m'lady's delicate parts. Her juices ought to be flowing like the mighty Mississippi in no time and you can follow up with whatever comes naturally.

Once you have successfully hooked your lady on these antics, let her know there is a whole world of bondage fun you can share.

With newcomers, the best rule is always: GO SLOW! Better to be too easy than to scare her away or face an assault charge. If going too slowly pisses her off a little, you can always say it's your way of getting her to beg for more. (Philip has been known to pansy-out this way.) Don't introduce more than one or two new techniques during a scene. More than that can be confusing and the new things will lose some of their impact if you toss them all in together.

Talk in detail about things you'd like to try before doing anything. Don't worry about spoiling your scene by being open about it beforehand. There are always plenty of surprises that happen in a scene that neither of you counted upon. As you get used to a person's reactions under stressful situations, you can try new and more intricate stuff.

Start with simple, non-threatening bondages and progress carefully. It's not at all uncommon, even for veteran bondage fetishists, to experience panic. You may find that one bad scene throws your partner into mental tailspin that will ruin anything you want to try in the future.

When you set out to do a scene, you are giving a performance. Your every action is under your lady's scrutiny and you can be sure, she will be paying attention. She is, after all, entrusting you with her body. You must be bold and sure with each technique. There is nothing more nerve-wracking and confidence-shattering than hearing a dominant say, "Oops!" while you are blindfolded and helplessly bound.

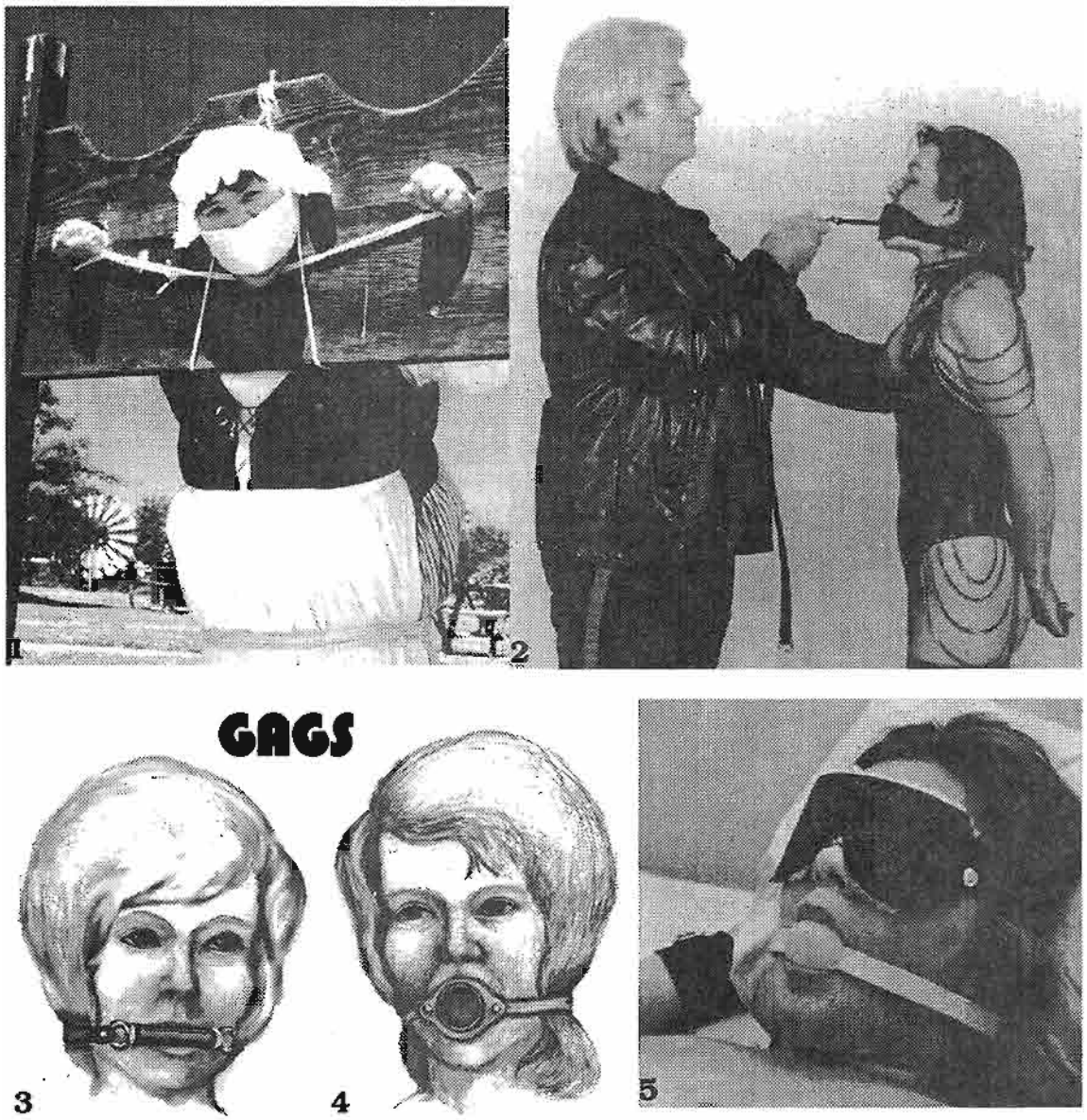
Gags

Gags increase feelings of helplessness, but are ostensibly for keeping a person from talking, yelling or crying out. In that sense alone, they are inherently dangerous to bondage players. Whenever you use gags, you must use extreme caution and pay strict attention to what your submissive is going through. Never, ever leave her gagged and unattended.

You must devise a sure safe signal to replace your usual safe word. No gag can stop all sound; one can always hear a grunt even if it is muffled in the throat. One safe signal you might use is a repetitive series of grunts, e.g., "Uh, uh, uh..." followed by a pause, then repeated, "Uh, uh, uh..." until the dominant gets the message -- which had better happen pretty quick. A better safe signal is one that does not rely on the submissive to make noise.

Holding a ball in the hand, and releasing it as your safe signal is a popular technique. Holding jingle bells or a buzzer is another. Which ever you use, do not rely on it as the only method of stopping a scene that gets out of hand. A safe signal, like a safe word, is only an additional safety measure; nothing replaces attentiveness as your first and most critical safety rule.

Now, with the proper nod to safety out of the way, let us present the mad, carefree, zany world of gaggage. For your mouth stuffing pleasure, we have elicited the expertise of our dear friend and cloth gag virtuoso, Master Ken, and his lovely assistant, Sweetcream.



1) A historical setting augments the fantasy for this muffler gagged lass. (gaggage and photo of SweetCream by Master Ken) 2) A gag with leash attachment. (photo: Jerry) 3) A bit gag is less rigorous than a ball gag. 4) A pipe gag muffles speech, but allows mouth access. 5) The classic ball gag. If the submissive has breathing problems a perforated practice golfball works well.

We know of no person more qualified, nor anyone with a greater fetish for cloth gaggage than Master Ken. The tricks he lovingly performs with bandannas, scarves, and ordinary flour sack dish towels will leave you speechless. The flour sack dishtowels Ken likes to use measure from twenty-nine to thirty-six inches square and can be found in any variety or discount department store for about a dollar a piece.

The gags he will be demonstrating here are graduated in severity from mild mufflers to major mouth packers. Few people can endure the more potent gags without a real love of the medium, so don't feel as though you have to try them all.

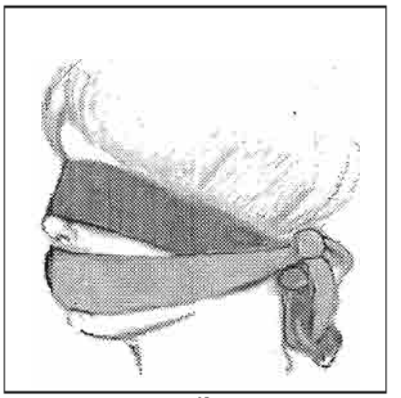
Master Ken is precise and fastidious in his gaggage. Neatness counts! We think you will come to appreciate a well folded gag for the beauty it lends to the wearer. If you leave too many corners untucked, we'll tell Master Ken where he can find you.

A cloth gaggage primer

The muffler

Mufflers are applied as a reminder to be silent, to annoy, and to mildly humiliate the wearer.

Fold clean or used dish towel to a four inch width. Tie this over the mouth, knotting it at back of neck. If your are also blindfolding your submissive, there is a trick you can use to keep the knot from slipping down the neck. Tie the gag knot on top of the blindfold knot. The natural curvature of the head holds the overlapped knots in place.



muffler

The bit gag

Bit gags are applied to cause discomfort and annoyance while stretching the jaws and mouth.

NOTE: Packing the mouth with wadding

Some of the following gags include packing the mouth with cloth. Such wadding in the mouth makes a gag more silencing and punitive. Care should always be exercised to see that no loose corners of fabric face rearward. These could conceivably work their way into the throat and cause choking.

Packing the mouth with dry wadding allows more sound to escape and can, over time, cause the mouth to dry out as cloth is usually absorbent. For greater silencing, saturate the mouth packing with water. Two purposes are served: the liquid clogs the fiber of the cloth, further preventing the passage of sound, and the dampened wadding will not stick to the lining of the mouth as sometimes happens when the mouth becomes too dry. Rubbing the wet wadding on clean bar soap increases the degree of displeasure, as does saturating in lemon juice, vinegar or unsweetened Kool-Aid.

First variation:

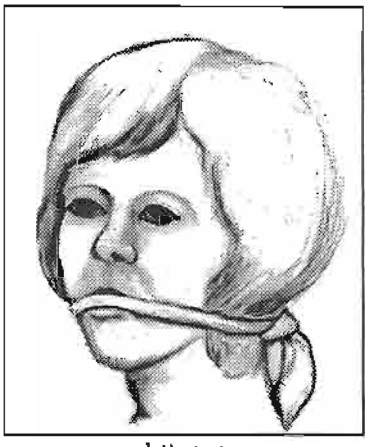
1) The dish towel or scarf is folded to one and one-half inches, pulled between the teeth, then tightly knotted behind neck, drawing back corners of mouth.
2) A bandanna is wadded into mouth.
3) A second bandanna, folded to a three inch width, is then brought forward from the back of the neck and knotted tightly between the teeth, forcing the wadding deeper into the mouth.
4) A third bandanna, also folded to three inches in width, is then tied over the gaggage and tightly knotted behind neck.

Second variation:

1) Lay two bandannas atop each other, fold them to their smallest wadding and place them into the mouth
2) Hold them in place with a dish towel or scarf, rolled to a one inch diameter tied behind the neck.

Third variation:

1) Use bandanna wadding in the mouth as in the second variation.
2) Roll a flour sack towel and tie a knot in the center of its length. Place the knot over the wadding and tie the towel behind the head. The effect of this is to push the wadding deep into the mouth, and hold jaws wider apart.



bit gag

Knot gags

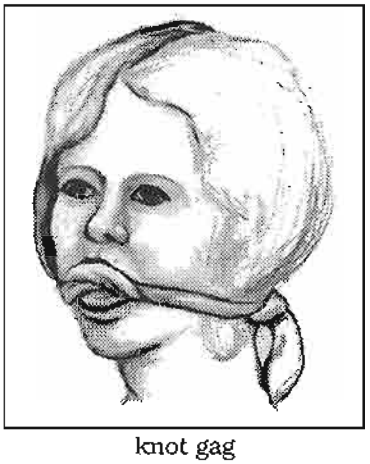
Knot gags are an expansion on the bit gag design. Knot gags, depending on size and material, are less comfortable than many other gags. They prevent intelligible speech and can be used punitively, to stretch mouth and jaws.

Knot gags constructed as below are used in a variety of sizes and are referred to as RKG's (regulation knot gags). A knot gag is an excellent choice for long-term discipline such as overnight wear since there is virtually no danger of choking or suffocation.

To create the knot, a large square or rectangular cloth (the flour sack towels or large scarves will suffice) is folded once on the diagonal. Starting at the point, roll tightly toward the long, folded edge of the cloth, forming a rope-like affair. Tie a single overhand knot beginning just off-center of the cloth so that the ends are equal in length when the knot is tightened. Obviously, the dimensions and thickness of the cloth determine the size of the knot created. We tie and keep several sizes and styles on hand for instant use.

Regulation knot gags

#1 - Most women have large head squares available and flour sack towels are available at many variety stores. Either of these rolled as above create a fairly small knot. These are excellent for use on a novice. A mouth-filling bandanna packing may be used before the knot is thrust between the teeth and tied off behind the neck.



knot gag

#2 - Number two regulation knot gag is formed of a larger cotton cloth (a twentynine inch square flour sack) or a head scarf in which a bandanna has been laid out and rolled into the "rope." The additional bulk provides greater mass and the knot holds the jaws wide apart. The ends should be tightly tied, draw-ing back the mouth corners when used punitively. Wadding may also be inserted to acquire the desired silence.

#3 - A cotton or muslin square of thirtysix inches or so is large enough to form the giant knot tied to spread the jaws most uncomfortably wide. The number three is punitive for long wear though not silencing. Add dry bandanna wadding and it becomes a "consuming" type of gag to wear when tightly drawn back and tied off.

In order to insert the larger knots in the mouth, place the knot on the captive's lower teeth, pressing downward as you "roll" the knot into the mouth. Much like a well fitted ball gag, the knot is nearly impossible to expel with the tongue and tying the ends tightly behind the neck complete the appliance.

Silence is golden...and FUN too !

Thank you Master Ken! When this man speaks, it's always a mouthful. Master Ken further advises us of a technique to avoid snarling your lady's hair in the knots you tie behind her head. He always ties the knot downward in the direction of the hair's growth and frequently uses an ordinary kerchief and ties the knot over it.



1) Leather hood and 2) Head harness from Dressing For Pleasure in New Jersey. 3) Latex hood from Fantasy Isle in Connecticut. 4) A submissive in a spandex hood has an other worldly appearance.

Hoods and Sensory Deprivation

Hoods made for SM play come in a blinding variety, if you'll pardon the pun. Some are meant only to enhance fantasy, others serve to combine the features of blindfolds and gags, as well. Leather hoods necessitate a great deal of detail work which is reflected in their expensive price tags. Spandex hoods, being far simpler to make, cost much, much less. Rubber and PVC hoods vary greatly in price from one manufacturer to another.

A hood is basically a covering for the head. People use them to consummate a extensive spectrum of effects. The executioner's hood is made for its looks and the way one feels wearing it. Hoods incorporating gags and/or blindfolds move into a realm we call sensory deprivation.

Four of our five senses, sight, hearing, taste, and smell occur in our heads. Interfering with or blocking one or more of them has a disorienting effect and makes one feel more vulnerable. This can also lead to panic; test which mode(s) of sensory deprivation appeal to you and you submissive before running out to buy a $350 hood.

Spandex

Spandex is a wonderful fabric for bondage. When it is stretched over the body it feels smooth and silky and it holds tightly. We list a few vendors of spandex bondage equipment in our appendix or, if you're handy with a sewing machine you can create your own hoods, body bags, single arm sleeves, and straight jackets.

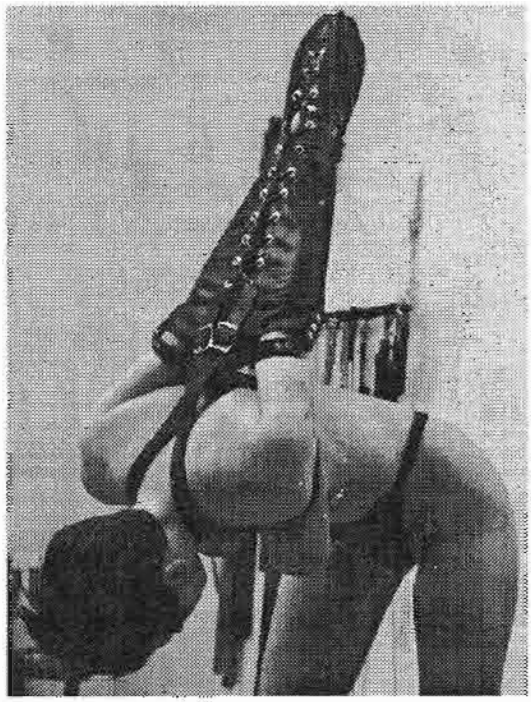
Philip has a black spandex hood that works wonderfully, but the submissive can see though it in strong light. This is easily remedied by folding a cloth napkin over the eyes before slipping on the hood, or by tying a kerchief blindfold over the hood.

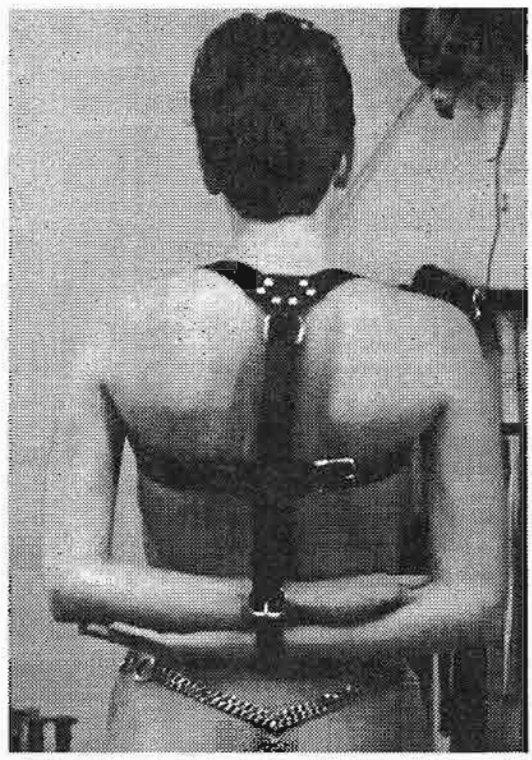
A submissive, struggling inside a sleek spandex hood and body bag, makes a strangely seductive, other worldly sight. We highly recommend this mistreatment of your loved ones.

An inexpensive alternative to spandex for binding the legs is to force them both into a single nylon stocking. The effect is similar to spandex, and perhaps not as versatile, but it will give you an idea of what this kind of bondage feels like before investing yet more of your children's college funds in erotica.

Specialty items

Give the same consideration to choosing quality bondage gear that you would to selecting a fine suit. Details such as even stitching, consistent material, be it leather, fabric, or metal, and hardware all have an impact, not only on style, but also on safety. Dyes should not rub off easily, zippers should be well attached and strong enough to handle stress, and closures should operate smoothly.





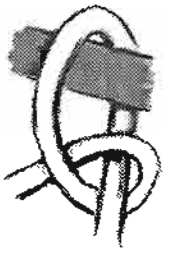


This single-arm sleeve was made by Northbound Leather of Toronto, Canada. Though they look great, most people are not flexible enough to wear a single-arm sleeve.

A friend of ours crafted this clever shoulder harness and wrist restraint. We were most impressed with the simplicity and utility of his design.

Three Common Knots for Securing Ropes to Stationary Objects

The single **half hitch** (left) is rarely used by itself; more often, another half hitch is tied below the first for stability. Several half hitches, tied one below the other will yield an attractive spiral pattern.





Half Hitch

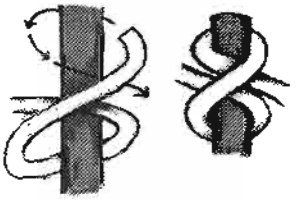
The **lark's head** (right) is often used to secure the middle of a rope to a bedpost leaving two equal lengths of rope to secure ankles or wrists.



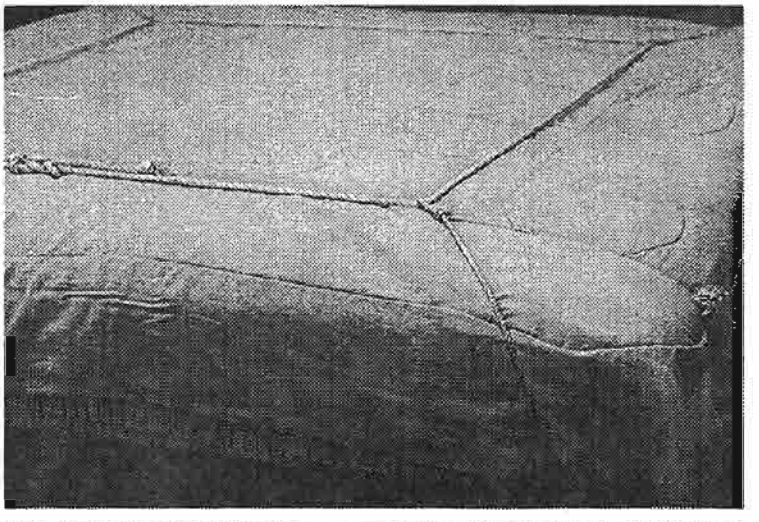


Lark's Head

The **clove hitch** does much the same work as a half hitch, but is easier to untie. This is both an advantage and a disadvantage as the rope can become loosened more readily.

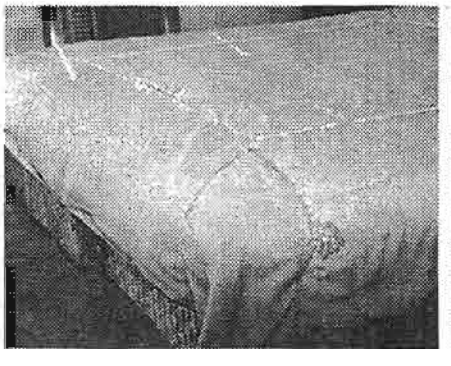


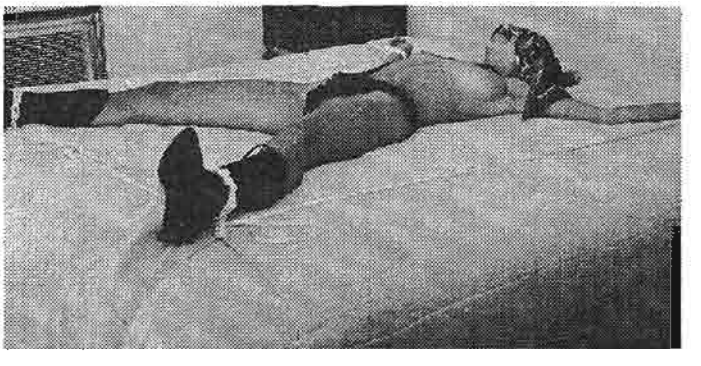
Clove Hitch



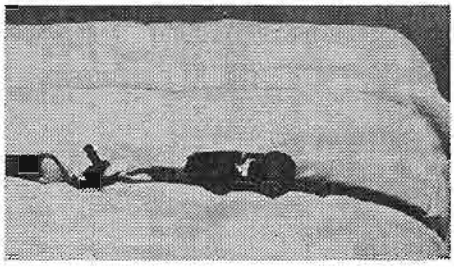
Simple solutions for attachments

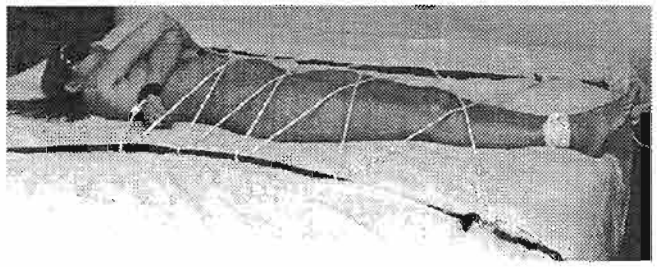
Preparing the bed for bondage fun does not require sawing holes in the headboard or even screwing eye-hooks into the frame or box springs. Any mattress and box spring can be fitted with anchor points by looping rope around the corners and tightly weaving the rope together from corner to corner.



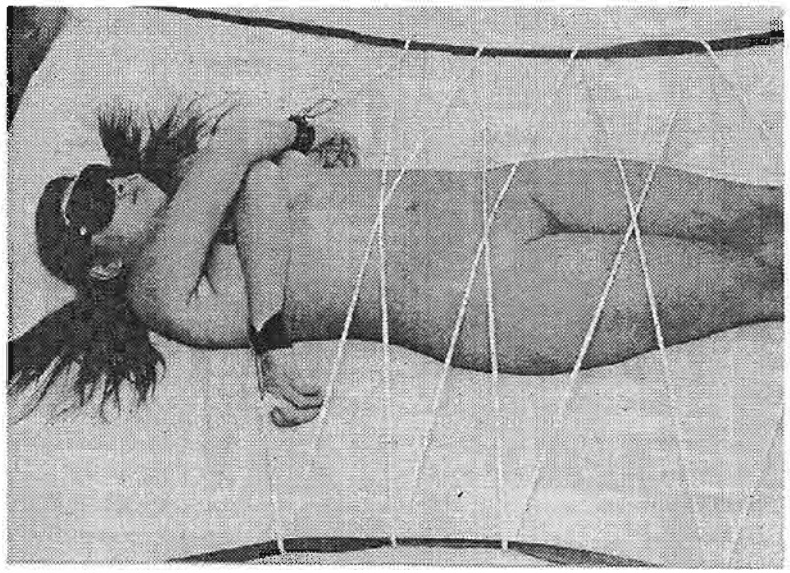


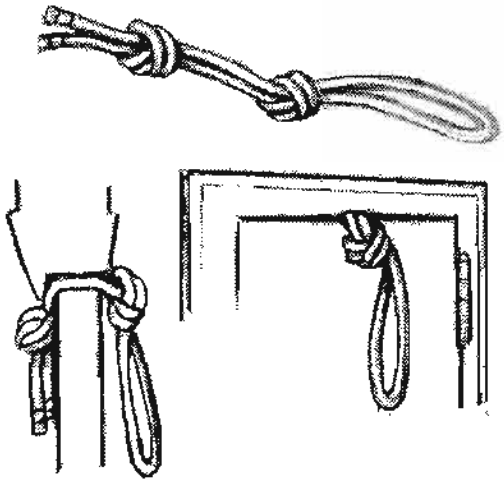
Another unobtrusive toy for making a bed bondage-ready is a tarp "tie-down" or come-along made for securing cargo to a car roof or inside the bed of a pickup truck. This is usually a two-piece affair found in any hardware store: a long, soft nylon strap with thick metal hooks on either end and a ratchet with a take-up reel to tighten the strap.





This is a favorite of Philip's for several reasons. It is cheap (a fifteen-foot model sells for about ten dollars). The nylon strap is very soft, but very strong, typically rated to support fifteen hundred pounds of stress. It can be affixed tighter than any rope web you can fashion and is quick and easy to attach to a bed.





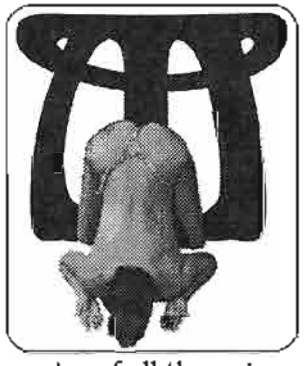
A door can also be outfitted for bondage as easily as a bed. Start with a three foot length of quarter inch rope and fold it in half. At the folded end, tie an overhand knot, leaving a three inch loop in the end. Approximately six inches away from the first knot tie another one. Simply position the rope on top of a door with a knot on either side, and close the door. On one side, your will have a fixed loop to which you can attach your lover's bound wrists.

If the rope is too high, you can tie additional knots to make an adjustable length bondage toy.

All three of these "bondage fixtures" are among the easiest to hide from prying friends or relatives. You simply coil the rope or strap and stash them when you're finished playing.

9 Philip's Philosophy of Phlogging Phun

The Corporal Dimension



y name is Philip Miller. Philip Miller is an idea, it isn't really me, but I have bought into the idea and have told all my friends that this my name and they bought into the idea, also. Philip Miller has been a serviceable idea for a lot of years, though my uncle once told me that pronouncing my name bears all the excitement of chewing a mouthful of Lima beans.

Sometimes, though, I tire of citizen Lima Bean. Sometimes I would rather foster the idea that I am Torquemada, the Grand Inquisitor of Spain. Or a mercenary knight from Camelot, on a quest to uncover a plot against the throne. Or I become an executioner dwelling deep within the bowels of a medieval castle, master of all the pain and suffering that transpires in my lightless domain. Torquemada, the knight and the executioner occasionally run into a lady who has likewise discarded her daily identity, adopting some unusual ideas of her own.

Maybe she has an idea that she is a vile sinner, caught in a heinous act of heresy and brought to me to beg for absolution. Or maybe she wants to be my captive princess, the daughter of a king at war with Arthur. Or perhaps she has an idea that she is a high-born lady, falsely accused and convicted of some loathsome crime, then, sentenced to suffer at my hands...somewhere at the bottom of dozens of stone stairways, far from the gay and the frivolous, far from the safety and loving protection friends and family.

Sometimes she and I share our ideas with each other and take off on a romp in fantasy together. More often, though, we keep our ideas quietly churning away in our thoughts; one of us binding and slapping and moaning and fucking while the other struggles and cries out and moans and fucks back.

My ideas, my fantasies, often change in mid-scene. Torquemada, the knight and the executioner give way to a demented scientist, an evil priest (he's a real prick), a stalking rapist, a cultured slave-trader, and a wild-eyed beast-man in hormonal overload as easily as changing channels on a TV. Then again, I spend a lot of scene-time as plain old me, lover and sadist.

Underlying all these shifting personae, whenever I am involved in scenes, are my own practical guidelines for making SM work. Morality, rationality, creativity, and caring are parts of them that Molly and I have burdened you with elsewhere. Here, I would like to offer the simple nuts and bolts that make up my brand of SM.

Environment

It is usually up to the dominant to select the environment for playing -- the scene of the scene, if you will. Suitable scene environments are indoors and out, upstairs and down, private and public, morning and night. In other words, anywhere and any time will do depending only on how you feel and where you spot an opportunity. In fact, there is such a wide range of possibilities here that I will only mention a personal observation. People prefer to take their clothes off when they are warm. 'Nuff said?

People react differently in private than they do with others around. Some love to find themselves on display, others can't stand the idea, and still others hate the idea, but love to be forced into exhibitionism, anyway. I have done a lot of both private and public scening. Generally, I'll do a lighter scene in public because having people around watching is not just a distraction, it adds an element to the scene that might affect my control of the situation. Privacy is a point that should always be a part of negotiation.

Environment is the sum of all the elements of your setting. Sound is an element that is often overlooked. I like to work with music. I choose music that compliments the mood and tempo I want to set. Music is my background, I don't want it to be a distraction. Sorry, headbangers, I'm an ass-whacker, most rock won't do. Even my beloved Janis Joplin can't cut it when I'm about to deliver a whipping, but hey, to each his own. I like scene music to be a combination of spooky, moody, soft, and spacy. Gregorian chants are great, they fit in with my evil priest bit perfectly. Certain Reggae pieces aren't bad either. Bach organ music or other baroque pieces are fun, too.

A group named Enigma recorded an album that has become such a scene classic that many cringe at the thought of having to listen to it again. Still, you have to use it in a scene at least once to earn your whipping merit badge. Peter Gabriel is one of my personal favorites and a sweet lady recently introduced me to an Andreas Vollenweider album named, "Caverna Magica" that has wonderful possibilities.

If possible, I like to make tapes for a scene. One pattern that I find practical will include a long, quiet, sort of eerie buildup, settle into something with a steady beat, build further to some drawn out crescendo then settle down abruptly, changing to something very soft and soothing. This, of course, is an ideal that I've achieved rarely. Usually, I'll settle for a couple of good, all purpose tapes or load up the disc changer and make do. The New Age artists are providing a wider variety of good scene music these days and there are a few candidates from the Gothic movement that can be used for accent.

Beginning a session

When I'm happy with the room and the musical score, I'll turn my attention to the body before me. What I do depends mainly upon what we both want. During negotiation, I watched my partner to learn what excites her and began formulating possible scenes. Before we start I have an idea or two that I'm going to try, often involving a bondage that I'm fond of and that I think will work well for her. The first thing I do is take control. If I want her naked, I'll tell her to undress while I watch. If I am in the mood to undress her myself, I might bind her arms behind her and strip her at a leisurely pace. I don't let her direct me. Submissives often try to assume control for several reasons.

She may be nervous about giving up control. She may like playing the part of a brat and be expecting me to "correct" her. She may be testing me, or she may be acting out of any combination of these things, but she is not going to run the show. That's my job. My job description says, "dominant" or at least, "top." That means I am responsible for what happens. So, if I am accepting that responsibility, we'll do things my way or not at all.

I want to delight and surprise my submissive. I want to move her in ways she isn't expecting. I hate to be told what to do during a scene and I will not argue about it, but one has to be sensitive to a submissive's feelings. Saying, "NO!" and being bratty may be a part of your submissive's fantasy. It is best to be clear about this during negotiation to avoid hurt feelings, confusion, or panic in your scenes. If you find your lady getting mad, or very insistent, if she uses her safe word, or if she becomes panicky, something is really wrong and you should stop the scene. Then it is appropriate to sit calmly, step out of role and discuss the problem.

One submissive I play with loves to object to what I am doing to her. In her fantasy she is being forced to commit all kinds of atrocious sex acts and since she voices her disapproval she need not feel guilty about enjoying them so much. I wasn't entirely sure when she was acting and when she really needed me to stop when we first started playing together. Of course, I wanted to please her, not upset her. Consequently, I was always stopping the action just when it was heating up for her. She finally straightened me out before one of our scenes. Now when she tells me to stop caning her, unless I see that she is really serious or hurting, I simply say, "OK," and keep stroking. Since our little conversation we have been deliriously happy with each other.

Be aware that having a group watching your scene can disguise what your submissive is feeling. She may be trying not to embarrass you or herself even though something is really bothering her. It's a good idea to check with her often in the beginning to see that she is OK with what you are doing. For this reason, I usually do lighter scenes in public than I will with the same person in private settings.

Positioning

My favorite way to pose a floggee is lying down, face-down or face-up, depending on my intended targets, or kneeling, presenting ass and back for a whipping. Any of these positions can include bondage or not, as fantasy and whim dictate. I am not fond of whipping a standing slave for three reasons: 1) The angle of attack is better in the above mentioned positions. 2) My victim will tire faster if she is standing. 3) Lastly, a standing victim cannot let her body relax completely which diminishes her attention to my whipping. For the same reason, I like my victims on a soft surface like a futon or mattress as I want them to concentrate on the discomfort of my strokes and not on the discomfort of a hard floor or grating carpet.

The height of the surface upon which my floggee rests is important, as well. I don't want to bend over or kneel to reach my target. I want to stand upright, in a comfortable stance. Having to bend over is bad for the lower back, and, if you are whipping, it shoots your accuracy all to hell. As a rule, I like to position my quarry at about the level of my crotch because my hands hang around that level; that's where each stroke naturally concludes. Also, crotch-height affords excellent access for fondling and penetrating genitalia without having to stretch or stand on a stack of books.

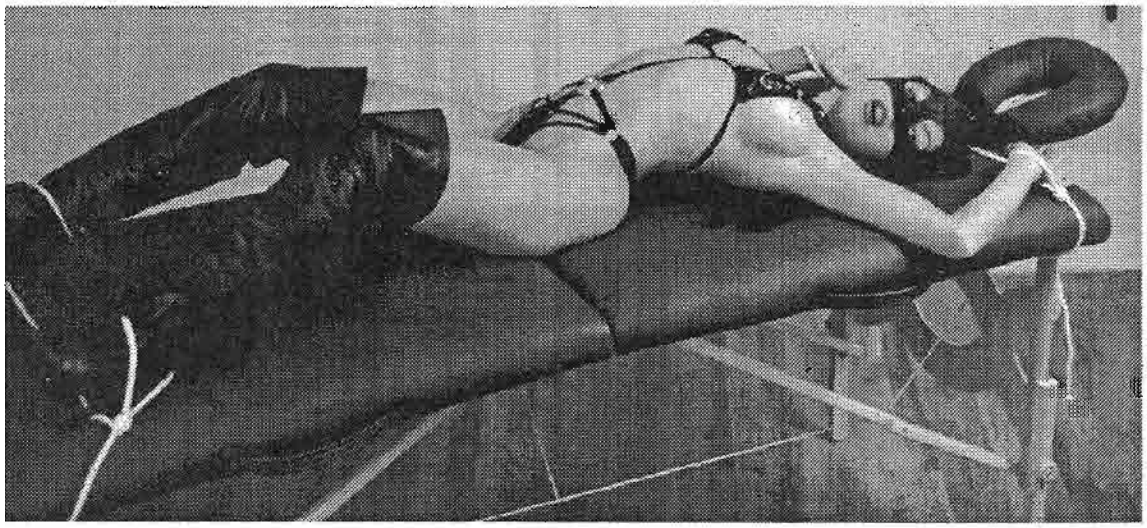


Position your target for easy reach without bending and take a comfortable stance. (photo: Jerry)

One of the best "whipping benches" I have used is a massage table. The height is adjustable and I can move all around my prey, whipping, paddling, spanking, pinching, probing, and petting where I will. Most massage tables are also well-padded and comfy for m'lady and one can easily bind her in a number of positions. (A massage table is also ideal for torture! My table becomes a part of my fantasies as a laboratory bench or doctor's examining table.) Massage tables are expensive, though. Mine is a sturdy portable weighing in at thirty pounds.

A bed is a fine surface, too, if it isn't so low that you have to bend down to deliver a whip-stroke. It also has the added advantage that you can join your lady after her punishment for some snuggles, cuddles, tickles, or a round of hide-the-salami.

The arm of a sofa is great if it's a butt you're aiming to whack. Hand spanking and paddling lend well to the classic over-the-knee position. Both of these positions put stress on the submissive's tummy and the organs therein, and, as her head will frequently be below the level of her heart, blood will flow to her head which can give her a headache. Headaches, as we mentioned earlier, are hardly erotic. If you want to use these positions, move your girl around a little bit during the session to relieve undue pressure.



Bondage and whipping

It is particularly difficult to hold still while one is receiving a whipping. If you were ever spanked by your parents you might remember trying to cover yourself with your hands to protect your fanny from the stinging blows. An unbound submissive, ordered to hold still for a whipping, is under a certain amount of stress having little to do with the whipping itself.

Alex Comfort, author of the classic, *Joy of Sex*, quotes Havelock Ellis as saying, "Any restraint upon muscular and emotional activity...tends to heighten the state of emotional excitement."

A whipping is usually easier to take if one is bound. Also, the bound submissive can let herself experience the sensations involved easier when the choice of escape or hindering the assault of the whip is removed. On the other hand, it may be useful to leave a submissive unbound while training her to surrender control to you. She will hold still, then, by choice. It is a chance for her to prove her devotion and progress in submissive skills.



A whipping is usually easier to take if one is bound. (photo: Jerry)

Generally, bind a beginning submissive and give her a whipping that builds very slowly in intensity. Fondle her a lot during her beating so that she comes to expect sexual gratification with the feel of the lash. From time to time, leave a more advanced submissive unbound for her whippings and focus on the training aspects of your relationship, praising her for her accomplishments.

Beginning

I'll assume that the stage is set, the mood established, and my plan is under way. Before flailing away without mercy, I want to wake up my beloved's senses.

I often begin a corporal scene in one of two ways:

I may want to throw a bit of a scare into my lady so, she'll be blindfolded and tied so that she can hardly move. Then we'll be still and let the silence sink in for a while. I've often waited as long as five minutes before doing anything at all. This might not sound like a long time to you, but try setting an alarm clock to go off in five minutes. Blindfold yourself (or better still, force yourself to keep your eyes closed) and wait without moving for the bell to ring. It can feel like an eternity. I have even walked to the door, opened and shut it to give the illusion that I have left the room. (Of course, you would never really leave the room where you've bound a submissive.) My first touch is given without warning and is usually very soft. I know it worked well when she jumps like a bomb just went off beside her.

Alternatively, I might start by caressing and lavishing affection on my submissive. I have grown fond of sweeping a large silky scarf or satin sheet into the air above her and letting it drift over her body, then slowly pulling it across her skin. This is a lovely sensation. Then I'll use a pin or something sharp and prick her slightly to let her experience the contrasting sensations.

Both of these techniques offer the same result: they get her attention and help her focus on skin sensations.

My next goal is to establish a link between physical punishment and emotional or sexual response. I'll alternate between soothing sensations, sexual fondling, and slapping, scratching with my fingernails, or whipping with a light whip. Occasionally, I'll deliver a sharp, stinging blow and follow it immediately with gentle rubbing of the spot I just hit. This gives a quick, painful sensation that is "erased" or eased right away. While this is going on, I will commonly be whispering to my partner or in some way let her know that all my focus is with her.

Very gradually, I build the intensity of the whipping or spanking along with her passion. It is important to remember that not touching and withdrawing touch can be as devastating as a sharp crack of the whip and that arousal is achieved from plateau to plateau. Learn to develop a dramatic sense of timing that will enhance this period of sexual tension building up. It isn't something that can be taught and every person you will be with responds differently. With practice and becoming familiar with your submissive's responses, you can send her soaring by using a wide range of sensations and blending loving feeling with anxiety and surprise.

Ending a scene

Before we get into the various techniques of demolishing bodies, remember that you'll want to end a session on a happy note. You'll both be tired and in need of a cuddle, so allow enough time for a good one before the kids wander in or before the boss comes back from lunch. Untie your lady-love and hold her tight for a while...hell, hold her for a month if you have the option to. For me, the end of a scene is the sweetest part of it.

After a scene, your submissive may be in a very spacey frame of mind. All sorts of body chemicals have been flowing through her blood that aren't usually there, and scenes can uproot deep and unfamiliar emotions, so be patient and loving. She may withdraw, or she may cry uncontrollably, but don't panic, just stay close and be sensitive.

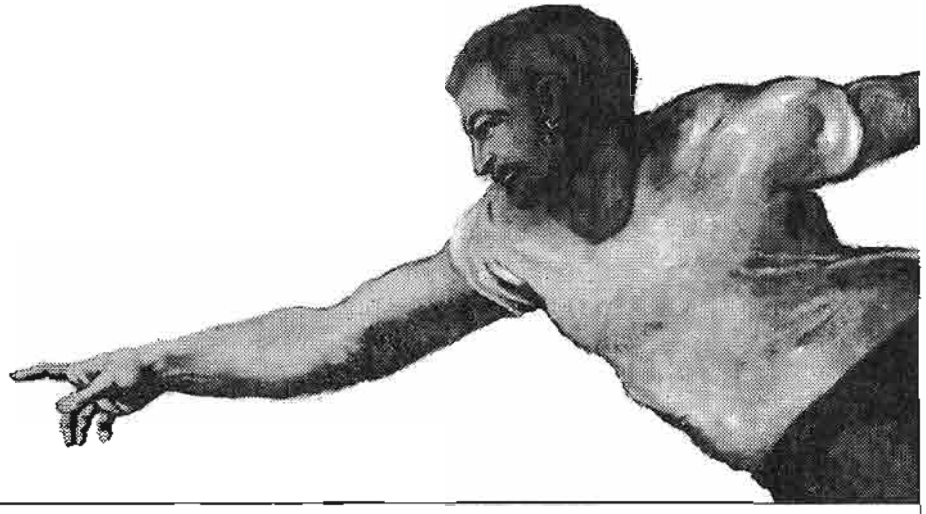
Submissives, if you are reading this, show some appreciation for all the work your top went through for you. Topping really is a tremendous effort that requires juggling a lot of emotional and physical balls aside from all the planning and training he or she undertook to give you pleasure.

Kneeling before the lash

Beating or whipping is perhaps the most menacing aspect of sadomasochism. Thinking about it provokes the prettiest range of green skin tones in the tenderfoot which become brilliant red upon honest initiation. Kind of Christmassy, isn't it?

We refer to beating and whipping as "corporal" techniques from the term corporal punishment. We really don't hit each other for punishment, though. We do it for fun. We do it to satisfy our sexual fantasies, and we do it to achieve a level of sensation and intensity in our lovemaking that magically, even spiritually, transforms us.

In order to realize divine projection we are slithering along the razor's edge of safety. So, to minimize our risks, we offer the following canons of consideration:



PHILIP'S TEN COMMANDMENTS OF FLAGELLATION

I THOU SHALT NOT STRIKE IN ANGER.

II THOU SHALT NOT DAMAGE THINE SUB.

III THOU SHALT NEGOTIATE THOROUGHLY AND RESPECTETH ALL LIMITS.

IV LEARNETH WELL THE ANATOMY OF THINE TARGETS.

V THOU SHALT ABIDE BY SM SAFETY RULES.

VI KNOWETH WELL THE EFFECT OF THINE WHIPS AND TASTE THYSELF OF THEIR NECTOR.

VII THOU SHALT DEVELOP PROPER STANCE AND TECHNIQUE.

VIII SEEKETH EXPERT TRAINING FOR THE WEAPONS THOU WOULDST MASTER.

IX THOU SHALT PRACTICE! PRACTICE! PRACTICE!

X NEVER STOP WATCHING! FOCUS IS NEXT TO GODLINESS.

I. Thou shalt never strike thine submissive in anger.

If you get mad at your partner, stop the scene. You cannot control someone else when you are not in control of yourself. You have no business whipping somebody unless your every move is designed to add to your mutual pleasure. Every emotion you feel during a corporal scene will be transmitted through your whip. Sending a message of anger is counter-productive. Likewise, if you find that your whippee is getting pissed off, she isn't going to be any happier with another ten strokes. Stop the scene. Discuss the problem, hug each other, then decide whether to try again or call it a night.

As a somewhat-related issue, dominants frequently have to discipline a willful slave. Hey, you don't enjoy dishing it out, but the wench served your guests cold coffee! Your honor is at stake, man, and the harlot belongs over your knee!

While many enjoy the fantasy of punishment, the real thing is a no-no. Some find punishment useful as a way of expiating guilt. If this works for you fine, but, we don't buy it. We don't think it is a healthy way to play. Fantasy guilt and real guilt are very different animals. The former is playful and silly and fun, and when you get punished for it, it is hot and sexy and when it is over, everybody is happy. The latter is much trickier; real guilt is an unresolved psychological dilemma. Punishing someone for it in the context of sexual play can compound the problem immeasurably. The dom should be performing for the good and enjoyment of both.



A dom performs for enjoyment of both partners. (photo: Jerry)

II. Thou shalt not damage thine sub. Knoweth the difference between hurt and harm.

Ms. Marie Constance (considered by many as the first lady of the English cane) is fond of telling her submissives, "Darling, I would never harm you, but there is a world of difference between hurt and harm, you know." We want to give hurt that stimulates and satisfies our submissives. Hurt is pain, a sensation capable of imparting delight. Harm is a result of uncaring treatment, physical or emotional, that yields nothing more than unhappiness for both dominant and submissive.

Amazing amounts of pain, if that is your goal, can be administered without leaving permanent damage to the skin or underlying tissues. In fact, it isn't necessary to leave a mark at all. As you flog your honey, her skin becomes more resistant to damage. Distribute the strokes evenly, slowly increasing their force and you are less likely to leave any evidence beyond a warm, rosy glow that will fade quickly.

Most people do not want or cannot afford the visible evidence of what is still socially unacceptable behavior. Wives prone to wearing teeny bikinis, girlfriends who live with their mothers, boyfriends who work out and would rather avoid embarrassing questions in the locker room, all have legitimate reasons not to be marked. In fact, any reason a bottom gives for not wanting marks is legit in my book. Find out your whackee's preference in advance.

Even if your sub fancies some souvenir marks, it's your responsibility as dominant to know when to stop and how deeply you are bruising.

Marking

Bruises left by whipping are called marks. A lot of bottoms who fancy corporal like to be marked. They see marks as gratifying souvenirs of a memorable session; red, black, and blue badges of courage, if you will.

Whips mark by breaking the tiny blood vessels that feed the cells in the skin. If you want to mark, bruise the skin, not the tissue and muscle beneath it. This means you must be very, very competent with your whip and you must know how your submissive's skin reacts to beating. Some people bruise very easily (or should we say "badly") and a great deal of damage can be done with the same force that would barely color the skin of another person. Generally, fat bruises more easily than lean, but this is only one of many factors. Deep bruising (bruising below the skin) is to be avoided. It can cause clotting and/or coagulation of blood in muscle tissues which can cause all sorts of problems. It can also result in adhesions between the skin, fascia, and muscle tissue, causing other problems. Deep bruises can take days to become evident on the surface of the skin.

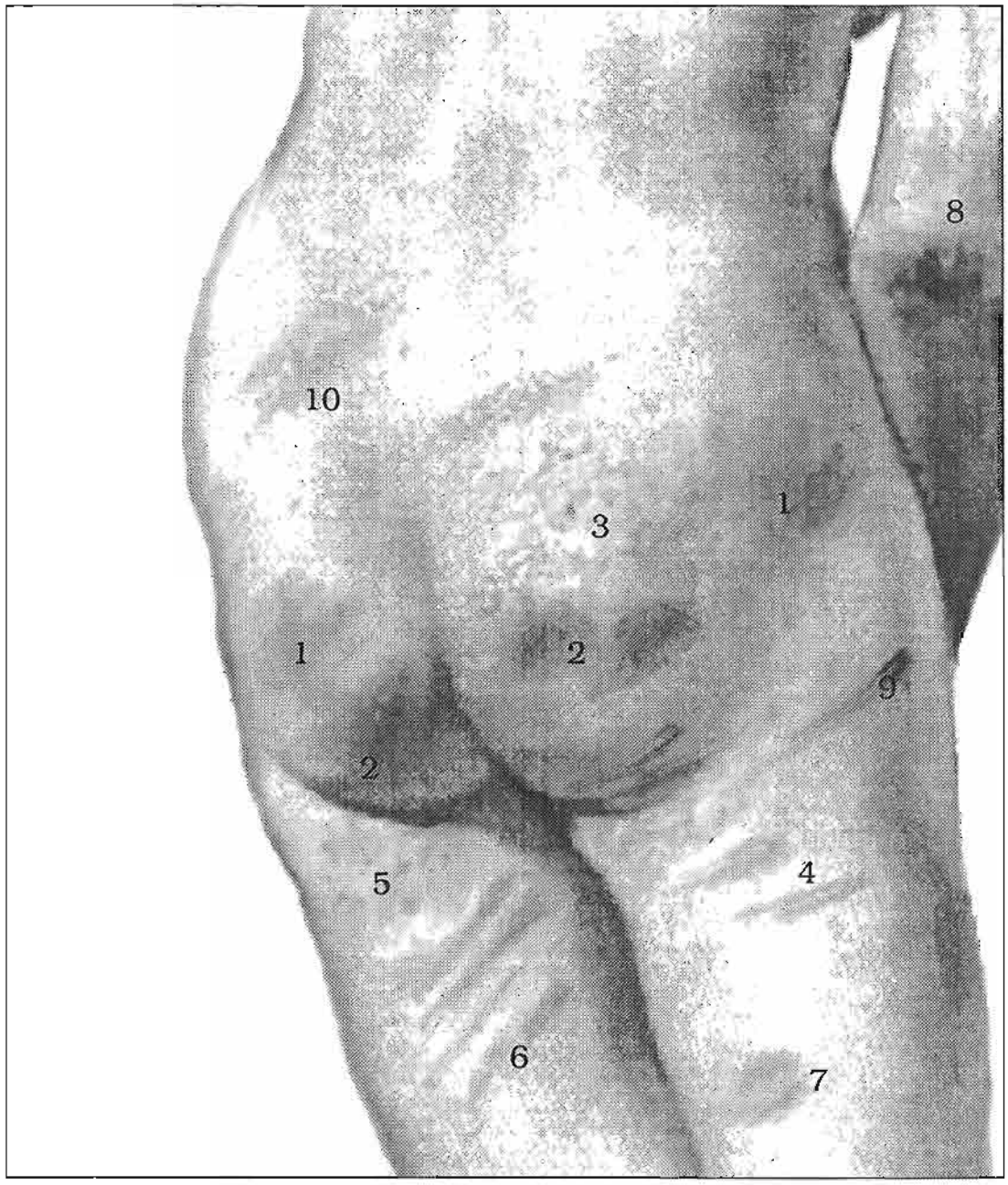
To the experienced eye, the marks left on a tush can be read as easily as *The Cat In The Hat*. Each implement leaves a unique signature. Your mistakes will show, as well.

Canes, riding crops, cats, floggers, paddles and single-lash whips mark differently. A stroke with the cracker of a single-lash whip leaves a thin, red line, unless you hit too hard in which case it will leave a cut, which is something we try to avoid. Rattan canes leave double tracks with a bruise between them. Crops can leave a wide, deep bruise because the shaft of a crop is quite dense. (Crops can be used in such a way as to leave very little damage, or none, as well; it depends on the techniques and parts of the crop employed.) Whips with multiple, braided thongs are generally considered "cats." Floggers generally have flat, unbraided thongs, though there are floggers with round rubber thongs, as well. Both leave marks mimicking the width and shape of the thongs.

The popular image of a "criss-cross" of welts left by a whip or a cane is great for fiction, but lousy for your lover's skin. Where the strokes cross you are doubling (at least) the damage you are doing to one spot. This can easily result in breaking the skin. Parallel strokes will avert this kind of damage. It takes a lot skill and control, but, after all, if you are about to mark up your honey, you'd better be skilled enough not to disfigure her.

The above are merely guidelines to help you understand some of the dangers of whipping, offered with the hope that you will better respect the "toys" with which we "play." Marking is an expert's sport requiring training and experience.

I'd like to say a word here about paddling. Paddling has its uses and some people adore the feel, but too much paddling is a bad idea. A paddle whack compresses the skin. With a lot of paddling, the skin will lose its resilience and a lot of nerves will die. This results in a condition we commonly call leatherbutt. Use a paddle as an accent, occasionally, and find less-damaging toys for the majority of your corporal play.



Reading the Submissive's Butt After A Scene

1) Spanking, it appears the top was right-handed
2) Paddle
3) Knotted whip, notice the bee-sting like marks
4) Cane tips
5) Whip
6) Riding crop
7) Bite mark (a fun night)
8) Sub fell while running after bus in four inch heels. Cute but uncoordinated lady.
9) Ooops, cane wrapped
10) Ooops again, whip got a bit too high

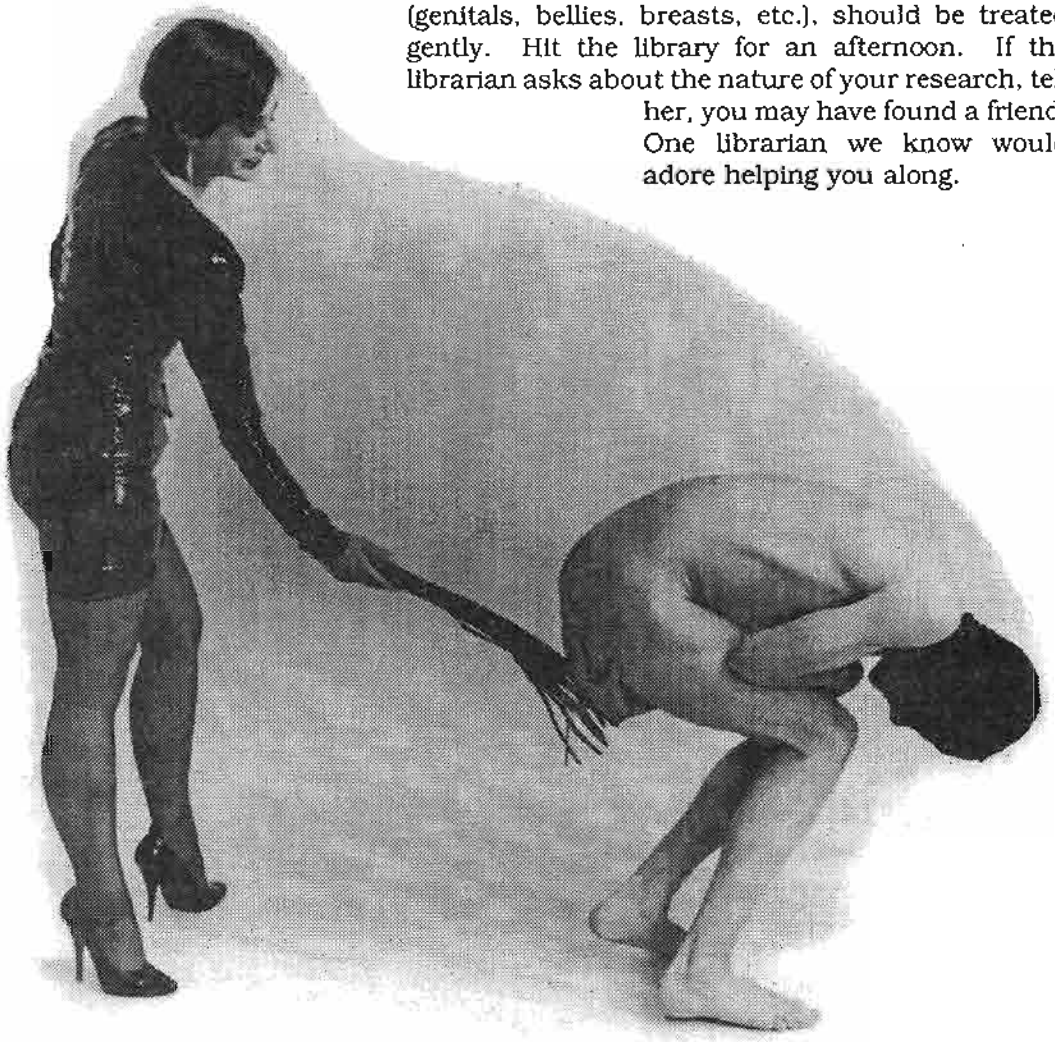
III. Thine sub and thee shalt negotiate thoroughly and each shall respecteth the limits of the other.

In case you've skipped the chapter on it, negotiation is scenespeak for discussing fantasies, limits, preferences, existing medical conditions, and selecting and practicing safewords before beginning a session. Negotiating is a cute ice-breaker and way of finding out about your partner. This is the perfect time to admit that you have a fascination with straight jackets and applying Tabasco sauce to the nether regions. Negotiation also serves to find out if there are pre-existing medical conditions before you add your damage. We are not kidding about this.

Ask your lady if she has had any broken bones, surgery, weak joints, or internal problems. Then, you both decide how comfortable you are about subjecting those areas to a whacking. Find out about your sub's physical and emotional limitations. Find out what she likes; people's tastes vary tremendously. (See our chapter on Negotiation.)

IV. Learneth well the anatomy of thine targets.

Areas well-padded with fat can withstand heavier treatment. The face, neck, kidneys, and areas with bones close to the surface of the skin (backs of hands, tops of feet, knees, shins, etc.) are a no-no. Delicate tissues (genitals, bellies, breasts, etc.), should be treated gently. Hit the library for an afternoon. If the librarian asks about the nature of your research, tell her, you may have found a friend! One librarian we know would adore helping you along.



Careful of delicate parts: Mistress Sabrina has the sub cover his balls. (photo: Jerry)

V. Thou shalt abide by SM safety rules and practices.

Do you know what to do if the unexpected occurs or if you make a mistake? Keep a first-aid kit on hand for treating minor cuts or abrasions. Laying in a supply of vitamin E capsules is a good idea, too. Vitamin E is great for healing skin and keeping it supple. The capsules are better than the vitamin E skin cream because the content of the vitamin is much higher than it is in the cream. (There is a nifty side-benefit to the jell inside vitamin E caps. When you squeeze it onto your hands and rub your palms together, it generates a terrific heat that feels great on a submissive's breasts, belly or whatever.)

Heavier wounds, suspected bone fractures, significant bleeding, internal pain, etc., are to be treated by doctors. DO NOT HESITATE TO SEE A DOCTOR FOR SERIOUS INJURIES! The staff in your hospital's emergency room have already seen it all, from the bloody whipstrokes to the golf ball stuck up the anus. Waiting too long can cause permanent damage; swallow your pride for the sake of your loved one.

Learn CPR! Isn't it logical for anyone whose hobby includes stressing and traumatizing bodies, while instilling goodly doses of fear, anxiety, and surprise to be fully trained in cardio-pulmonary resuscitation (CPR)? We think so, too, even though we have never experienced a need for it. In fact, we have never heard of an actual case where it was needed in the practice of SM (outside a couple of movies and TV shows). Still, we figure it's better to be safe than to take up residence with the worms.

VI. Knoweth intimately the feel, range, and effect of each of thine implements of destruction. It is better for all to receive before one gives.

There is no substitute for experience. You had better know the effect of each implement you plan to use on your partner before you start walloping away on that trusting bum. This is Philip's golden rule. When you bought that gorgeous cat with the red, snakeskin handle did you give yourself a few whacks first? Try it now. Give yourself a few good shots across your inner thigh. Of all the landing zones around your legs and ass (the sadist's Mecca), that's about the most sensitive spot. Not so bad, was it? Now take your leather pants off and try it again. That smarts a bit more, doesn't it? It is impractical to wield many toys on yourself. To understand their range of sensation and the messages they impart, get a fellow sadist to give you a taste. Philip gets to play with bunches of pretty dominas this way.

How does it feel?

In scenespeak, heavy and light refer to the amount of pain and/or damage an implement will do to the someone with a solid stroke. Whips are often said to be heavy or light. One of the scene's best whipmakers is Adam, of Adam's Sensual Whips and Gillian's Toys. He classifies his whips with more descriptive terminology: gentle, moderate, severe, and savage.

The materials used as the tresses of a whip make for different feels. Usually deerskin, lamb and suede are soft and make gentle, sensual whips. These are the whips to learn on; you can make all your beginner's mistakes with them and not be concerned about the results. Cowhide comes in a variety of finishes from suede to latigo. Whip tresses of cowhide range greatly between moderate and severe. Rope whips also have a wide range of feel. Rubber is usually very severe.

Whip construction makes a big difference, too. Braided tresses vary from moderate to severe depending on the thickness, length, density, and finish of the materials used. Knotted and looped tresses start entering the realm of savage. Knots tend to make little dots of bruises with a gentle to medium stroke and can tear flesh with a good, solid swing.

Looped tresses are commonly leather woven over a core of tightly bunched leather or flexible nylon rod and will bruise the skin easily.

We consider whips with pieces of lead or other hard substances woven into the thongs too damaging to be used safely. Being pansies, we shy from scenes that involve death or dismemberment.

Stingy or thuddy

Some whips sting and others thud. Sting is a sharp, biting, or slap-like feel. Whips with slender thongs tend to be stingy. A deeper, duller feeling than stingy, thuddy is more like a whack than a slap. Whips with thick, heavy thongs tend to deliver a thuddy whack. A simple rule of thumb is, the thicker the thong, the thuddier the feel. A larger number of thongs will add to heaviness of the thuddy variety; a smaller number tends more toward sting. "Cat-o-nine" and "flogger" style whips made for the scene typically have more than nine thongs, though some have fewer. We have seen cats with as few as three and as many as fifty thongs.

Cutting

Cutting generally mean breaking the skin, but a whip can also have a cutting feel which is a very sharp pain that does not break the skin, but damned if it doesn't feel as though it had. Whip thongs made of stiff leather or rubber have a cutting feel, as do canes and crops.

Ummmmmmm

The sound made by a sub when it feels just right.

Orchestrating your percussion

People vary in their preference for stingy, thuddy and cutting. What's heavenly to some will just piss others off. Also, don't make the mistake of thinking that stingy whips are gentle whips. Try a thin-thonged rubber whip on your thigh sometime. It's very special!

By really understanding the feel of a whip you can compose the music you want your submissive to hear. You have set the stage with demonic scenery and lit it all with the skill of Rembrandt. You've written a splendid script and costumed the players with spirit and panache. Are you going to hand the orchestra a score written only for a banjo?

Hell no! You're going to conduct a symphony! You're going to tease her flesh with strokes of softest deerskin, *sotto voce*, amoroso. You'll patter her fanny with a suede cat, meting out a muted staccato, building, ever building. You'll move up to a heavy, harness-leather flogger, weaving a mosaic of syncopation across her cheeks; seeking, searching, probing for the pulse of the ancient drummer at her very core. A single searing swipe and rest a full measure. Is it there? No. Up an octave, switch to a stinging round braided cat. Ah, closer. Up another octave, a sting to her thighs, closer still. Trill up and down the scale, yes! At last, you find it, rejoicing in a flourish of sound and sensation, sending her soaring. Your whip splits the heavens -- thongs whistling like a chorus of angels! Bravo! Bravo!

Well, maybe you'll do the banjo bit if you are doing the rape scene from *Deliverance* ("Squeal like a pig, slut!"), but you get our drift. Learn your instrument well. Feel its range from soft to hard. Absorb its texture, appreciate its weight. Listen to the sound it makes, fast and slow. Sing the lady a sweet song.

VII. Thou shalt develop proper stance and technique.

Mom was right, posture is important. A comfortable, steady stance is critical for control. Stand up straight, but relaxed. Erect posture throughout each stroke helps insure that the tips of the whip will land in the same place every time. (See next chapter)

VIII. Seeketh an expert's advise, training, and counsel for the weapons you wouldst master.

One of the great advantages of being part of an SM community is the range of experience among its members. Most people consider it a compliment to be asked to demonstrate their technique. Don't waste the opportunity to learn what you can. Everyone has a pet skill that they've spent months, if not years, developing and some people have become internationally recognized for their talents. No one knows it all, and a few of our little toys can be lethal in the hands of a novice.

IX. Thou shalt Practice! Practice! Practice! and use upon a fanny only those toys with which thou art an expert.

Practice on a pillow or other inanimate object (see the whipping tutorial in the next chapter for more details). A sleeping submissive, however tempting, should not be considered an inanimate object. You should practice until you know exactly where the body of the lashes and the tips of your whips will fall. Pain in a scene should always be deliberate.

X. Never stop watching! Focus is next to godliness.

The first rule of whipping is to keep a constant watch on what you're whacking. If you're going to watch what you're whipping it might be a good idea to leave the lights on, huh? Room lighting does not have to wreck a romantic setting. A couple dozen candles afford plenty of light to see your target clearly. (Hint: Though lighting is seldom distracting, if she's asking for something to read, you should be hitting your girl a little harder.) If you want your lady's mood to be accentuated by darkness, blindfold her, but you'll need enough light to examine the damage you're inflicting.

You must maintain focus on both your victim's mood and the specific patch of skin you are currently engaged in mistreating. I mentioned earlier that anger is transmitted through your whip. So is inattention which can be every bit as hurtful as anger and more demeaning. When you are whipping a submissive, she deserves your full concentration. Even if there are other people watching you do your whipping, do not play the showman. People will be much more impressed by your intense concern for giving your lady a good scene and your skill and accuracy will come across undiluted.

10 When the Inner Child Deserves a Spanking

Philip's (and Phriend's) Phurther Pheelings on Phlogging



ield testing a new design of a whip is always great fun. Of course, I invite my master to try it on me first, before I use it on my submissives or loan it out for evaluation.

After I made my first few whips, of which I was quite proud, a friend and I went to a local leather bar to show them around. All the guys thought they were beautifully crafted, and they even admired the color and texture combinations. However, they were unanimous in wanting heavier equipment and showed me some of their favorites.

A ruggedly handsome man introduced himself, and with a broad smile, invited, "Come over to my place next Saturday night; I'll show you how we play!" I was thrilled. Next day I rushed up to Los Angeles and searched to find just the hide I wanted. Back home I worked hour after hour to create just the right whip.

That weekend my heart was racing as I descended the stairs to my host's dungeon. What an education to watch him and his slave as they played! Their sweat poured, their flesh quivered, and their whips cracked as they hit the target. It was most powerful; it was erotic; I got hot just watching.

Stopping to take a rest my host spotted the heavy flogger I had made. "Now, that's some whip, little woman," he said, "can I try it out?"

"By all means," I beamed, handing over the big whip with the handle braided in checkerboard black patent.

And did he make those tails fly! I could tell he loved the whip; he and his slave played with it until they were both spent. Thus, my heavy floggers were born.

by Janette Heartwood, reprinted by permission
Janette is one of the most esteemed creator's of whips in the SM community. Her company, Heartwood Whips of Passion, in Laguna Beach, CA, made the whips for the movie, *Exit to Eden*.

Learning the sensual use of whips is a journey combining emotional, intellectual, and physical disciplines. There is no substitute for hands-on training and experience and we urge you to find a skillful teacher to set your feet in a positive direction. The best we can hope for here is to escort you to the beginning of the joyous path along which our teachers have so lovingly guided us. Whichever stretch of the road you choose travel and your eventual destination are up to you. We wish you godspeed and offer these maps and journals of our own passage through the rocky highlands of corporal bliss.

Preparing the skin for a beating

We stated above that you should avoid contact with vital organs during a beating. Yet there is no organ more vital than our skin. Skin performs the functions of filtration, diffusion, secretion, and absorption and it is a major diagnostic indicator for the condition of internal bodily systems. Skin regulates our heat and protects us from the radiation of the sun. It is our first line of defense against infection, plays a great part in what physically attracts us to a person, and affords us a tremendous range in experiencing sensation. Skin is a complex organ made up of delicate and fragile cells specializing in many capacities critical to our health and well-being. But we're going to beat on it, aren't we?

When we beat on skin, we are going to do damage. We are going to hammer oil and dirt into the pores. We are going to scrape away some of the outer protective cells, burst a few blood vessels, destroy some nerve receptors, wreck some connective tissue, damage hair follicles, and generally wreak havoc on our living wrappers.

So, it's probably a good idea to know how to minimize the damage, or not do any beating at all. If you prepare the skin properly, and perform your whippings prudently, the damage will be minimal and the skin will repair itself.

Skin is a self-regenerating organ. We'll be discussing fanny skin, since that's the stuff we are suggesting is most whackable. Skin is generally considered to be of two types: thin and hairy skin, or thick and hairless (or glabrous). The latter type refers to the skin on the palms and bottoms of the feet. Both types vary considerable in thickness in differing areas of the body.

Covering the surface of a muscle beneath the skin is a protective layer of tissue called fascia. Working toward the surface of the skin from the fascia, we have a subcutaneous layer consisting of fat and connective tissue, then the dermis, housing the sweat and sebaceous (oil) glands, blood and lymph vessels, nerves, the beds of hair follicles, and arrector pili muscles (which are the muscles that give you goose bumps and raise the hair when you're cold or frightened). The dermis is sometimes referred to as the "real skin".

The top layer of skin is called the epidermis. This is where cells are manufactured to form a tough protective layer of dead and dying cells that degenerate to a fibrous protein and are completely replaced every forty-five to seventy-five days. This is also where our skin color lives. As they die, these cells begin to separate and are washed away in bathing, rubbed off by clothing, computer keyboards, and a good friend's body parts, or, they are smacked right the hell off by a whip.

The anatomy lesson is to illustrate the complexity of functions that the skin performs and to build respect for it. I actually perform a little ritual celebrating the wonder of the skin and shapeliness of the fanny before I proceed in beating the hell out of it.

Touch can distinguish temperature, pressure, sharp, and dull. Through interpreting patterns of movement, touch can communicate mood, as well. If one is sensitive to the energy of the body, s/he can apply sensation without actual contact with the skin.

My ritual ceremony is my way of focusing my mind and intent on the lady and on the task before me. I believe it also forges an intimate connection between me my submissive on a purely physical plane. On approaching a fanny, I look for the fine hairs and appreciate the appearance of the surface of the skin. I try to see everything about it that my eyes are capable of seeing, then try to imagine the structure beneath the surface. I try to focus my body's energy through my hands and direct that energy to my submissive's skin, spreading my fingers and holding my hands an inch or two above the surface. Sometimes the fine hair will stand up as if reaching out to me. Sometimes I have to move my hands close enough to graze the hairs.

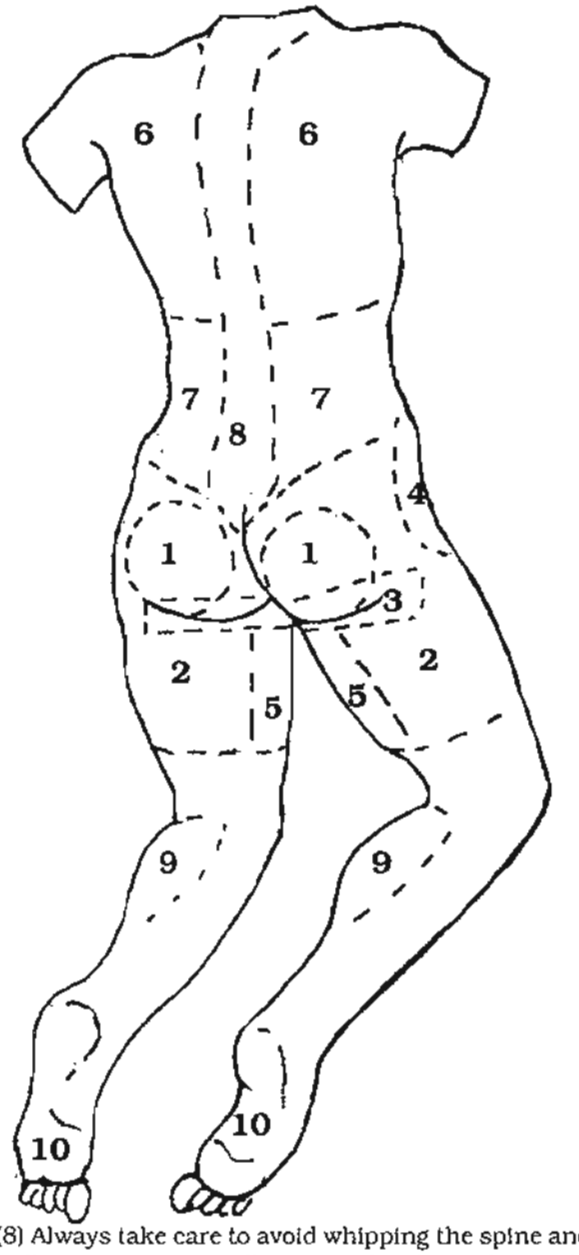
This first contact stimulates the nerves attached to the hair follicle and causes the muscle attached to it to contract. I try to imagine this process occurring. Slowly, then, I'll make contact with the surface of the skin, imagining the nerve endings in the dermis acknowledging my touch, awakening to my presence. Next, I might lightly caress the skin, I might give my lady a quick, sharp spank, or I might simply take my hands away. It all depends on my mood and intent.

OK, this sounds like hocus-pocus, and maybe it is, yet it works for me in the same way a golfer addresses the ball before making his swing ("Hello, ball!"). We are both focusing our attention on an object before hitting it (and I'll bet I have a lot more fun hitting my object than he does hitting his).

Aside from gaining focus, I've also begun to wake up the nerves in my honey's fanny and have made the tiny muscles flex and become active. Now I can begin to warm up the area for a whipping.

Where to hit

In general, safe places to beat are places with a lot of fat or a lot of muscle. Steer clear of areas where bones are close to the surface or where major veins, arteries, nerves, or organs can be bruised or damaged by flogging.



(1 & 2) The ass and thighs are well-padded with fat. They can weather more abuse than other parts of the body, and this is where you'll spend most of your time. Only hit the round parts of the fanny, avoiding the sides of the hips. Your target area is a four- to six-inch, circle right on the top of each cheek. Visualize twin, imaginary yalmulkas capping each cheek and make sure the tips of your whip fall within them.

(3) The place were the thighs join the tush, while able to withstand great punishment, is quite sensitive and thus is often referred to as the "sweet spot." These are great places to vent your sadism.

(4) Avoid hitting the sides of the hips. Lots of important nerves run through these areas and the bones are rather close to the surface.

(5) The insides of the thighs are very sensitive. They are safe to hit, but be aware that the pain potential is quite high here.

(6) The upper back on either side of the spine is protected by a thick layer of muscle. The shoulder blades are there, too, and relatively close to the surface. You can flog these areas with flexible whips of leather and perhaps even rubber, but you will want to avoid using paddles, canes, and the shafts of crops so that you don't bruise the bones. A lot of people really enjoy being beaten on their upper backs. It frequently feels like a vigorous massage.

(7) Avoid hitting the lower back. The kidneys are attached directly to the muscle wall there and can be easily bruised or damaged.

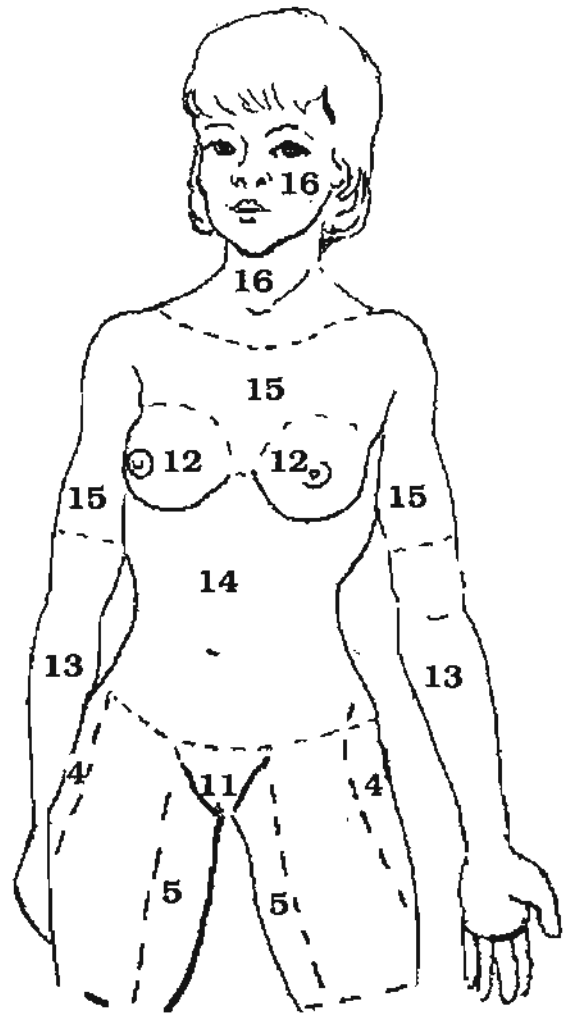
(8) Always take care to avoid whipping the spine and tailbone! At the bottom of the lower back is the tailbone, or sacrum. This is a wide, almost heart-shaped group of bones that become fused together in adults. At the bottom of the "heart" is the coccyx. This small bone is actually a fused section of bones, too. The coccyx can easily snap off which is excruciatingly painful. Be careful to avoid both the coccyx and the sacrum. Likewise, do not beat the spine. There, individual vertebrae have bony protuberances that point toward the surface of the skin and could be bruised or damaged.

(9) Calves can be whipped with moderation, but why would you want to bother?

(10) Some people like the bottoms of their feet beaten and others will rip your eyes out for touching them with anything but the tenderest kiss. There are a lot of bones close to the surface of the feet, so what ever you decide to do, be cautious.

(11) The vulva, penis and scrotum are very sensitive areas. (Big surprise, huh?) They can be whipped with great care. Use only very soft whips made of deerskin or lambskin at first; experiment carefully with heavier toys later. Besides the obvious clustering of nerves on and around the vulva, there are sensitive glands that can form cysts when irritated. Obviously, cocks and balls don't like very heavy treatment. Some women enjoy moderately heavy spanking or whipping of their vulva, but there is also some discussion that the area can become desensitized with a lot of heavy punishment. Discuss your lady's preference for this and proceed cautiously.

(12) Breasts are mostly fat. There are quite a few nerves at the nipples and surrounding aureole. Women differ greatly in sensitivity and enjoyment in having their breasts beaten. Some people say that beating breasts can cause growths, others say that breasts are OK to beat. It should come as no surprise that the AMA has not done a study of SM breast beating, so the decision on breast beating should be made during negotiation. Even if you do decide to whack her breasts, flog with care.



(13) Forearms are relatively free of dangerous areas, but they are also relatively free of erotic areas. There are a whole bunch of bones in the wrists. Don't beat them, but they are very nice to lovingly stroke and nibble upon. Some of my playmates really like wrist caresses and I don't mind doing it at all. Palms are another one of those "either they like it or they'll shove your whip handle way up your colon for touching them there" kinds of places. A few people have "schoolgirl or boy fantasies about being slapped on the palms with a ruler in a teacher/student thing, but I haven't noticed a mad rush in that particular direction.

(14, 15 & 16) So much is going on in the way of delicate organs and bones in these areas that I think they are better left out of a proper beating. Slapping the cheeks may have some interest as discussed above. The upper arms are the safest to beat among these areas, but I've never heard of anyone who cared very much to have them hit. Though it isn't pictured, the back of the head and neck are not safe places to whack and again, why would you want to?

The warm-up

Many make the mistake of delivering a hard shot or two with a crop when they begin a whipping without any preparation at all. Doing this invites massive bruising and can induce adhesions between the subcutaneous tissues and the fascia covering the muscle or between the fascia and the muscle. Without getting too technical, this makes too many boo-boos. It isn't necessary, either.

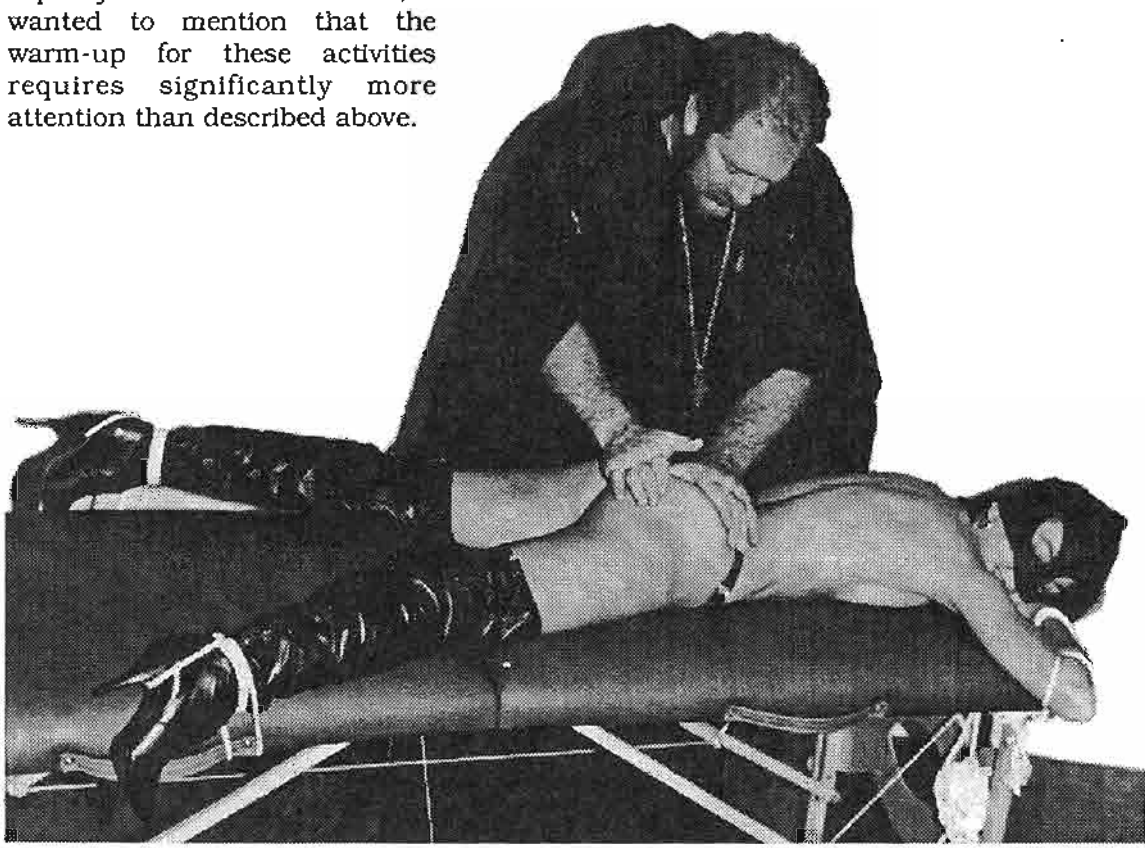
If you want to surprise your submissive with a sharp sting, slap her bottom with the flat of your hand, don't use a crop. The shaft of a crop is very dense and concentrates its energy in a small spot; the flat of your hand can deliver a hell of a sting and spreads the same energy over a wide area, thereby doing far less damage.

Generally, I like to warm up a sub slowly and evenly around the whole area I intend to whip. I usually start with light, stingy, surface spanking, bringing the blood up to the surface of the skin. While I'm spanking her, I'll occasionally massage her ass, and fondle and kiss m'lady's sex, breasts, belly, even her arms and legs. I want to get all of her skin into the act and get her juices flowing from her vagina, to her mouth, to her dirty little mind.

My spanking will allow us to establish a rhythm between us, it will toughen the skin for what is to follow, and it will get us both sexually stimulated. When her skin is somewhere between pink and rosy, and the color is evenly distributed over the area I intend to harass, she is ready for whipping or for heavier spanking.

Warming up for a heavy scene

I do not advocate using a cane, single-lash whip, or the shaft of a crop before being trained by a competent person and practicing with each implement until one becomes expertly accurate. However, I wanted to mention that the warm-up for these activities requires significantly more attention than described above.



(photo: Kevin Johnson)

There are two roads to take, here.

The first is sufficient for those who don't mind bearing a few bruises from cane strokes. The difference between the warm up above and the one I'd recommend before caning is simply to step up the spanking slowly from light, to medium, to heavy spanking. Apply the cane only after achieving a bright, cherry-red color which should come along after fifteen to twenty minutes of effort, though some might cherry-up sooner than that. One's palm can be exchanged for a light or medium whip after the initial warm-up.

The second method will help to reduce or eliminate the amount of bruising for those who do not want to take home any souvenirs of their adventure. This second method, however, is more prone to doing lasting damage and one should not partake in a regular diet of it. As with the first method, the light spanking should be continued and the force increased until that bright, cherry-red is accomplished. Instead of using only the hand to accomplish this, mix some of the beating with strokes of a wooden paddle, such as a ping-pong paddle, a paddle-ball paddle, or one of the fraternity house specials.

The effect of paddling is to compress the skin, giving it a leathery feel. When this is achieved, a cane will not leave its trademark, railroad bruise. Use this method only with great care and sparingly. The leathery feel can last from several hours to a few days. Too frequent a use of this method will result in the permanent nerve and skin damage that we call leatherbutt. If severe scarring of capillaries and other tissues results from misuse of this method, far more serious conditions can arise.

Spanking

Spanking is the area of corporal where most people begin. After all, one's hand is readily available and, compared to a costly collection of whips, the price is right. Even after you learn to use the showier toys you will almost certainly continue to spank. Besides being very basic, spanking is useful for preparing the skin before using implements with a tendency to welt such as canes, crops, and whips.

To most doms, there is no prettier a sight than buttocks bouncing and reddening under repeated slaps. Using a hand does not require the same level of training as using a whip or cane. After all, MOST of us are coordinated enough to find someone's ass with our hand. You may be surprised, however, to find that the hand remains one of the heavier implements of destruction.

A certain dom we know, who is only slightly smaller than Paul Bunyon, has to yell "fore" before giving a full swing. He doesn't often let go with a full shot in a motel room as people in the next suite are likely to object to the sub's head smashing through the wall. As decorative at it may sound to have a pretty trophy emerging through the wall from the room next door, it is unnervingly obtrusive when it happens while you are shaving.

As simple and natural as spanking seems, you can easily deliver blows that will bruise too deeply. Whether you favor a flat palm with fingers together or slightly apart, or a slightly cupped hand, or even the backs of the fingertips, try to sting the surface of the skin only. Do not use "follow-through" in your strokes to avoid damaging the muscle beneath the skin.

The over-the-knee position is a classic for spanking because it keeps your honey's fanny in the most accessible place. Have her stand between your legs facing left if you are right-handed, right if you are left-handed. Bend her over your thigh, locking your other leg around both of her legs to neutralize her kicks and so that she can't squirm off your lap. Placing your non-spanking hand over her tailbone with your thumb right at the top of the crease between her cheeks both protects the tailbone and helps you hold her down when she starts to jump and wriggle. Then, just have at it!

Hands are the most expressive tools at the sadist's command. Sharp, stinging spanks, heavy spanks that end with the hand remaining on the fanny, and a quick series of light spanks all convey different messages. Caresses between the swats will reassure your partner that you love her. You can hold a whole conversation between palm and fanny. Strive to expand your vocabulary.



Steed's hand "conversing" with Tori's fanny. (Photo: Jerry)

Paddling

Paddling is similar to spanking as paddles are for close-order discipline and do not require a lot of training to use. Thick sole-leather strips, ping-pong and paddle-ball paddles, classic fraternity and schoolmaster paddles, slappers, and straps all fall into this category of weaponry.

Paddles are for fannies and, if you're feeling really nasty, for thighs. Leave the rest of the body to other happy toys like whips. They sting and burn as if you had backed up into a red-hot pot-belly stove. Apply paddles sparingly; there are many other ways to keep from spoiling the slave.

You don't really need any more instruction for using a paddle than you did for spanking, do you? Most of the same rules and opportunities apply. A word of caution, though: paddles create a condition of what we call leatherbutt rather quickly (see and heed the warnings in the warm-up section, above). That is, the skin compresses under a paddle and can thicken and lose sensitivity.

Face slapping

It is safe to give light, open-handed slaps to the cheeks of the face. I mention this separately from spanking, because the effect is different from that of whacking the body. It is largely mental rather than physical. There is an element of humiliation here. The effect (for those who like it, not everyone does) is a feeling of submission. Use face slapping with discretion, as a sort of punctuation within a scene, a condition of carrying face slapping "too far" arrives very quickly.

Caning and cropping

Canes are heavy toys. They can split a fanny like a water-balloon, so you'd best be damned good with them before you begin to welt a pair of cheeks. Most people never want this kind or degree of pain, but canes deliver such a unique brand of hurt that some masochists fall in love with them. There is no weapon in our arsenal that more effectively summons the attention of our beloveds; English schoolmasters knew whereof they whacked.

Canes are usually made from rattan and are generally from one-quarter to three-eighths inches in diameter and from two to three feet long. Bamboo tends to split makes this a dangerous choice. The bamboo sticks used to stake out plants are a definite no-no. Some of the newer canes are made from fiberglass rods or other stiff, but flexible synthetics. Synthetic canes carry richly deserved names like White Lightning and Fire Finger. These canes are undiluted hell.

Cane strokes compress the skin leaving two welts with a U-shaped trough between them. There are two sensations to the cane, as well. When you strike there is an initial sting, then, a few seconds later, the nerves that were compressed with the skin begin to return to their original size and a new, searing pain fires up radiating outwardly from the twin welts.

I was taught to cane by Marie Constance, the grand dame of the English cane who is mentioned above. She teaches that each cane stroke should be appreciated in its full glory. Too many strokes delivered in quick succession is overdoing it and defeats the elegance and depth of feeling inherent in each stroke. I wait for the pain of a stroke to die down almost completely before delivering another. This can take as long as a full minute.

Crops are similar to canes regarding the use of their shafts. The shafts were traditionally made of hickory as it was a dense, but flexible, switchy, wood. Now, the shafts are almost all made of fiberglass or some other synthetic that resembles the action of hickory, is more durable, and cheaper. The shaft of a crop is more dense than a rattan cane and is usually covered by a sheath of braided nylon threads. "Crop" is the nickname for "riding crop," meaning, these are designed for hitting horses. Since horse hide is a bit more durable than human hide, get an expert to teach you how to use the shaft.

On their tips, however, crops have a lovely flap, usually made of leather. When you buy a crop, this flap will be stiff and straight. After some use, it will soften and become more whippy. With practice, you can learn to whip the crop up and down (or left to right) using very little wrist action and the natural whippiness of the shaft. Once you develop some precision, you can place a nipple, the head of a penis, or even an inner thigh in the path of the flying flap to administer a hell of lesson.



Photo courtesy of Dressing For Pleasure of Upper Montclair, NJ.

We're not even going to attempt to teach you how to use canes or the shafts of crops in this book. They're just too deadly in the unskilled hand. Find a competent sadist to teach you how to use them. Still, canes and crops are lovely, amusing toys and should not be ignored. Perhaps we'll publish a caning and cropping primer when we're rich enough to move to a country without extradition.

Flogging

Of all the hitting toys at your disposal, the cat is perhaps the most dramatic and easy to learn.

Whipping or flogging with a multi-thonged whip, while relatively easy to learn, is a skill best learned from an experienced dominant. Proper technique not only makes the use of whips more enjoyable for participants on both ends, it prevents the need for frequent replacement of submissives.

Here, then, is a lesson on flogging with a cat-o-nine (or more) tails:

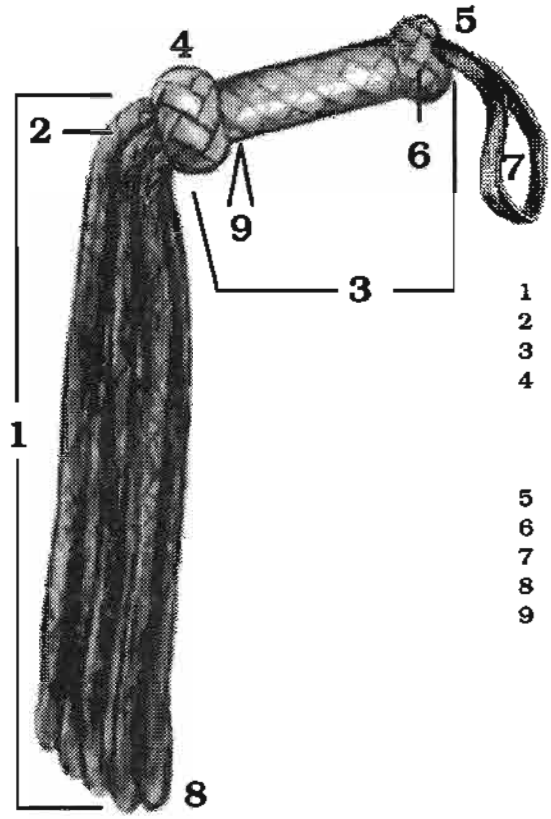
Cat-anatomy

Anyone who writes about whips or whipping is required by law to explain where the cat-o-nine tails got its name. We have heard a few differing stories though all agree that it began with the British Navy. The following account sounds likely so here goes:

Originally, the cat-o-nine tails was a few foot-long hunks of hemp rope used by British Royal Navy officers to punish seamen. The naughty seaman had to make his own flogger. The "cable-laid" rope they used was made of three main strands of rope "laid" (twisted) together. These strands were also made of three stands of thinner rope. The seaman unraveled the three main strands, leaving enough untwisted for a handle, then unraveled the each of those three strands. The result was a nine-stranded rope-whip that hurt like the devil's fork and was cheap enough to be tossed overboard after the whipping.

There, now I'm in the clear. The cats we use in SM have little resemblance to the original. But, I suppose if you find yourself falling in love on an old schooner and you forgot to bring your toys along, you could chop off a few feet of the halyard (whatever that is) and smack your newfound honey into oblivion. The crew will likely throw you overboard with your homemade cat when you're done, though.

The cats we use have stiff handles, commonly made of wooden dowels, drilled hollow and filled with lead shot for greater weight and balancing. At the butt end of the handle there is often a knob or "button" and many have a loop attached here, as well. The lashes, also called the fall, thongs, or tresses are attached to the other end of the handle which is called the whip's neck. The length of the lashes are referred to as the body, and the ends of the lashes are called the tips or points. Sometimes the tips are knotted. We call them blood-knots. Guess why.



Cat-anatomy

1 **Body**, **fall**, **thongs**, or **tresses** - group of thongs
2 **Thong** or **lash** - the individual strand or braid
3 **Handle**
4 **Neck** - Place where the body connects to the handle. The turk's head knot is so often used here and at the butt that is sometimes called the whipmaker's knot.
5 **Butt** - end of whip most distant from the fall
6 **Button** - knob at butt end of the whip
7 **Wrist strap**
8 **Tips or points**
9 **Balance point** - The point at which the whip can be balanced across the finger. People who hold the whip close to the neck may prefer the balance point at the neck while people who hold the whip at the button may prefer it a little closer to the butt. A whip with good balance is a joy to use.

Flogger or cat?

As with everything else in the underground SM dialogue, there is a debate over terminology with regard to cats and floggers. Some insist that a flogger's tails are flat strips of leather (or rubber) and a cat's are always flat or round braided. The other camp maintains that both kinds of whips are subdivisions of the greater family of cats.

The people owning the asses that I whip don't seem to care what they are called and I don't lose much sleep worrying about it, either. Janette Heartwood, who generously contributed to the text and graphics of our book, is of the first camp, so I'll side with her. Hey, I can be bought.

How to practice whipping

Your first target is going to be a pillow (preferably down or feather). Pillows leave a dent where you hit so you can measure the accuracy of your strokes. Concentrate on the target and develop a clean, consistent, smooth stroke. The most important thing to develop is a stroke that lands the body and the tips of the whip exactly where you want them every time. Hitting in the general area of your target is not good enough.

While you are practicing, imagine that your pillow is a real submissive. It may sound silly, but it really does help your concentration. Most of the time you will be working over a back or a fanny. Several other areas are safe and fun to whack, too, but you must be very careful to avoid bones that are close to the surface and organs that are not well-protected. Never whip above the shoulders; heads and necks are just too delicate.

Let this be a lesson to ya:
A tutorial on using the cat-style whip, or flogger

Stance

Accuracy depends, more than any other single factor, on a solid, steady, comfortable stance. Stand squarely facing your target and place your feet apart about the width of your shoulders. Keep your posture erect, but relaxed. You will be swinging the whip with your arm pivoting at the shoulder. Do not turn your body into the stroke, keep your shoulders squared to the target.

Your whip and your arm are of a fixed length. If your back is straight and unmoving, and if your arm is straight the moment the whip makes contact with the target, your strokes will not over- or undershoot the mark. Always hold your whip with a loose, comfortable grip. If you tighten up, you'll become tired quickly and lose accuracy.

The strokes

I am going to teach you to whip a submissive who is lying down on her stomach in front of you. To practice, put your target pillow at waist height. It's best to use a pillow



Photo:Kevin Johnson

cover with a pattern or your Congressman's picture on it to better aim the tips at a specific point. If you can spare an old pillowcase, use a wide-tipped felt marker to draw a picture of a fanny with outlines of the hips, the tailbone, the spine and the butt-cheeks. While you're at it, you might as well draw bull's-eyes on the tops of the cheeks and four inch circles for the centers of the cheeks. Remember that imagining the pillow as an actual fanny will improve your focus. Considering the integrity of our Congressional members, a substitution is perfectly acceptable and will seem quite natural.

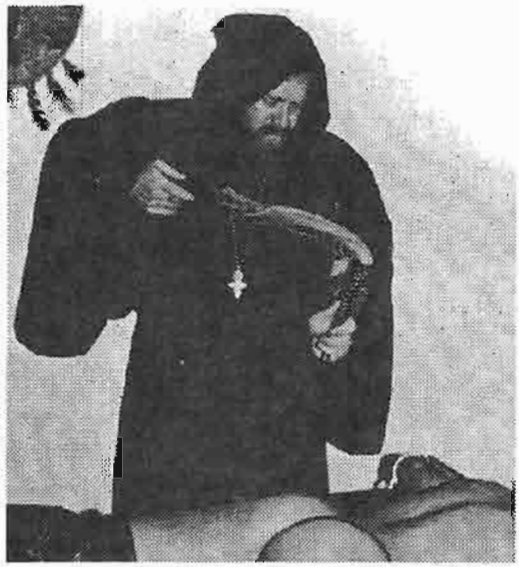
Forehand overhead stroke

Grip the handle of your whip with an easy, comfortably grip and let your arm hang down naturally along your side. Notice that your palm is facing your leg. If you place your free hand comfortably at the base of your spine, palm out, it will help you keep your posture straight.

Try an easy practice stroke, turning your palm outward as you swing your arm behind you and up, over your head, toward the target in a smooth even stroke. If you have to lean into the stroke to reach the target, you are too far away and you will not be accurate. The solution is simple. Move closer to where you can have good access with out straining or bending. Regain a proper stance.



Photo:Kevin Johnson





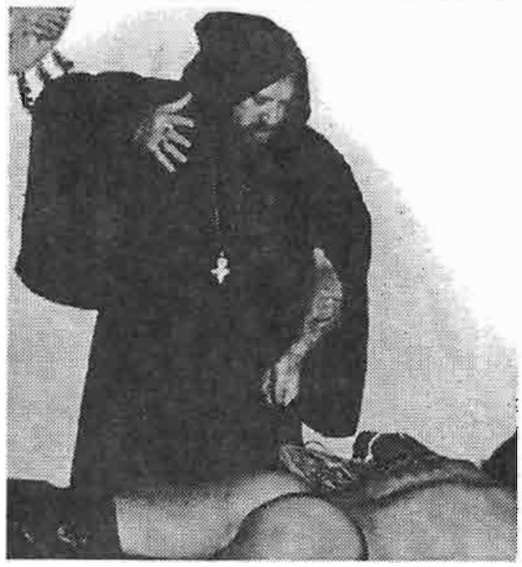


Photo series by Kevin Johnson

When you get into an actual scene, the first stroke is for checking your accuracy, making sure the tips will land where you want them. For whipping a fanny, you want the tips to land within an imaginary, four-inch diameter circle at the top of one butt cheek or the other. If you cannot consistently keep your strokes within those four inch circles, you need more practice.

Right now we are just trying to develop a smooth stroke and are not overly concerned with hitting the mark each time. However, if you are way off the mark, step toward or away from the pillow to adjust your aim.

Now do a series of easy strokes, slowly picking up the speed every five or six strokes. Focus your eyes on the target; do not watch the whip or your arm. At the end of each stroke, your arm should be almost straight and the handle of the whip should be pointing directly at the target. Be careful not to snap your elbow into a locked position. You will develop a nasty case of whip-elbow (archaically referred to as tennis-elbow) this way. Your arm should move naturally, straightening as you bring it back into an overhead circle, bending as it comes over your head, and straightening again as it approaches the target.

Notice that the whip does not strike the target at a ninety-degree angle to your shoulders. It lands about ten to twenty degrees to the left or right depending on which arm you are using. If you are whipping the butt-cheek furthest from you, make sure that the body of the lashes is not crossing the bottom of the tailbone.

Continue until you have done about thirty to forty strokes. Relax as you whip, focusing on the target and feeling the strokes becoming smooth and consistent. Notice where the whip tips are landing. Notice where the body of the lashes is landing.

The lashes may tangle and/or become twisted during repetitive strokes. Let the whip untwist or shake it until it untangles between strokes. Light, broad thonged floggers frequently have this problem.

Now try to make your strokes more accurate and consistent. Be aware of how your body is moving as you whip. If your shoulders are turning into the stroke, make sure they remain square to the target. If your torso is leaning forward or backward to make the tips land where they should, move your stance back or forward to correct your aim.

Practice hitting both cheeks and moving slightly so that the tips land at different points within the four-inch circles. Also, aim for the creases between the thighs and the cheeks. Those are very sensitive spots. During a scene, you will want to cover all of the safe areas of the fanny, though hitting one spot exactly the same way, stroke after stroke after stroke, will create a very intense, very specially painful, very frustrating few moments for your lady.

Do not snap the whip to hit the target. Your strokes should be smooth and constant in speed. The speed and weight of the lashes determines the strength of the stroke. Experiment with different speeds. Develop an accurate stroke at each speed to vary the effect.

You will want to have several differing levels of ouch for your submissive's pleasure. In the beginning of the scene you will be using light strokes for a while, so that she can get used to the whip. Then you will use heavier strokes, level off at a certain speed, then slowly taper off.

Always keep your eyes on your work, not the tool. In a scene, you should be watching what is happening to the bum you are whacking, and occasionally, you will stop to feel the skin's heat and texture (and to fiddle around with the lady's genitals if you are so inclined).

Practice until your arm becomes tired, then rest for a half hour or so. You are using your arm muscles in a new way; it is likely that you will have some soreness until you get those muscles in shape. As you practice each day, your aim, steadiness of stance, and evenness of stroke will improve dramatically.

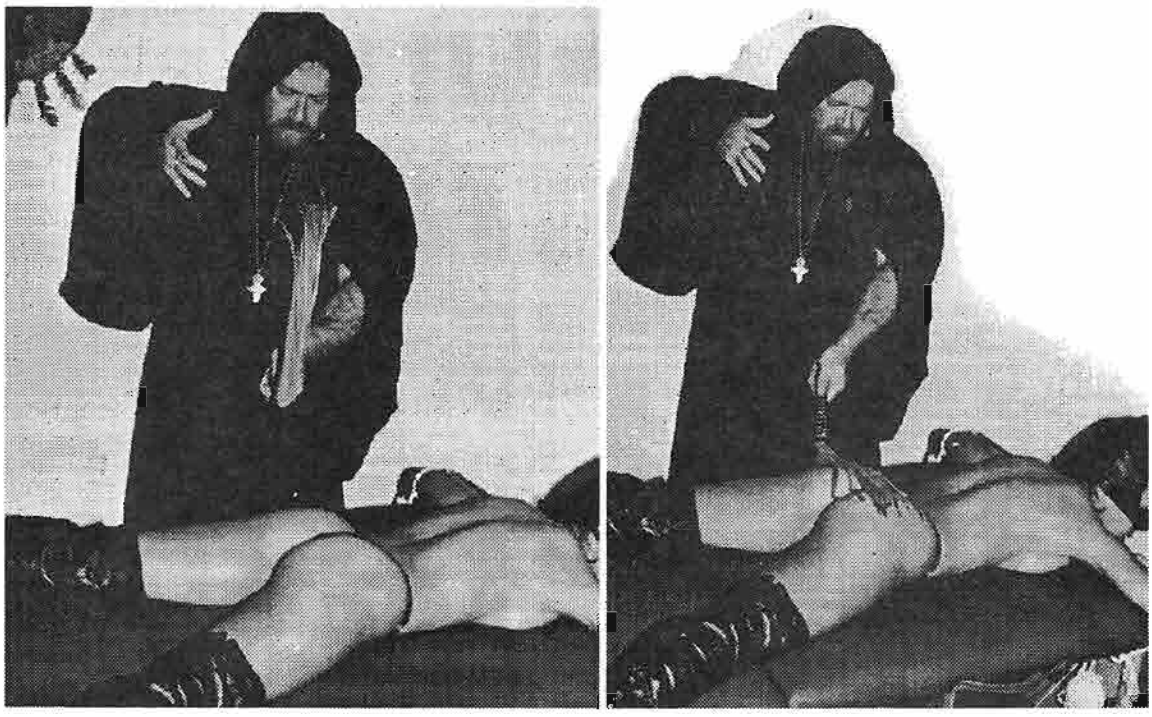


Photo series by Kevin Johnson

Backhand overhead stroke

My instructions for stance, posture, and speed apply to the backhand overhead stroke just as they do for the forehand overhead stroke. The difference is that you will pass your whip-arm in front of your body, palm inward as you bring the whip back and over your head. The whip lands with the same ten to twenty-degree angle as does the forehand stroke.

You can use your free hand to smooth, untwist, and untangle the lashes between strokes. I often catch the lashes between my free hand and my side as I raise the whip for a stroke. I also begin a backhand stroke over my head, the lashes in my free hand and my whip-hand poised to bring the whip down (as illustrated below).

A variation in stance for a backhand overhead stroke is to stand parallel to the direction of the stroke. You still pass the whip in front of you on the back swing, but extend the whip to your side instead of in front of you. This uses different muscles providing some relief for long whipping sessions.

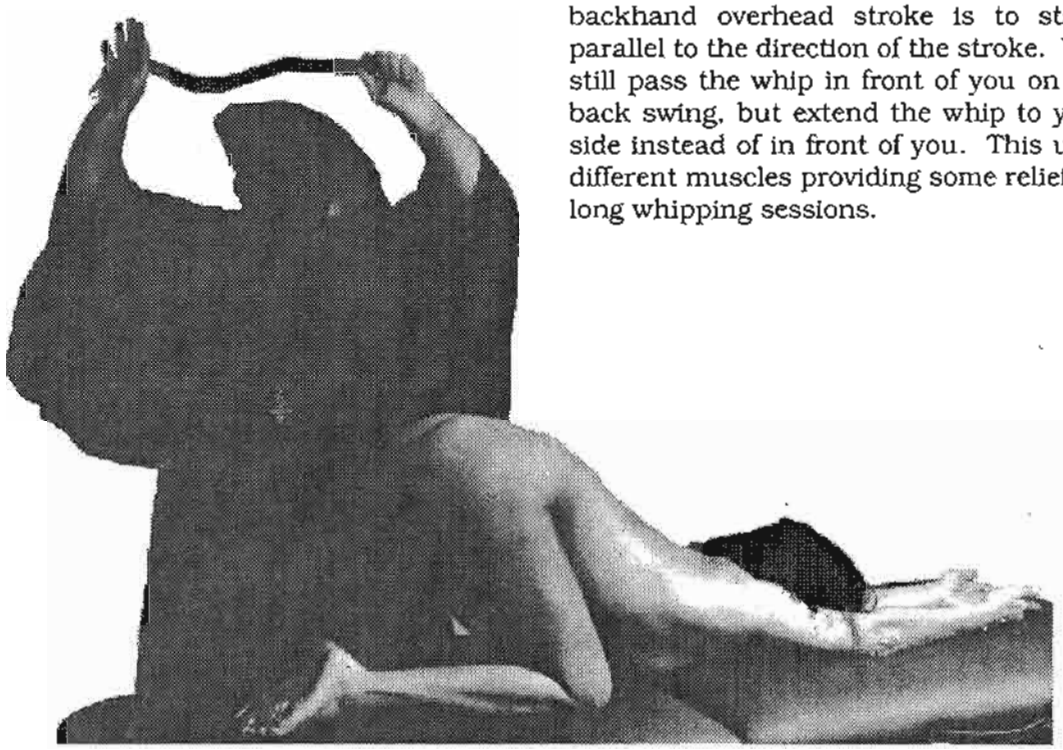


photo: Kevin Johnson

Figure-eight stroke

After you practice the forehand and backhand overhead strokes for a while, practice alternating the two. You may have a little trouble coordinating them at first, but stick at it, you'll get the hang of it in no time. This is called the figure-eight stroke.

You can use this stroke in the normal way or to graze the tips over the target, creating an abrasive feel.

Tips and traps

Overshooting the mark and striking the far side of the hip is a typical mistake beginners make. We call this "wrapping." There is much less padding on the outside of the hips than there is on the backside and you can do some real damage. Remember that the tips are the fastest-moving part of the lashes. You can actually cut with them. If you find that you wrap often, you need to improve your accuracy.

Develop a wide range of strokes with each whip you have and learn to vary the pace in creative patterns. The same stroke with no variation will bore your sub to tears.

Along the lines of variation, you may want to change your submissive's position from time to time. If you have her standing or kneeling, you will have to have different strokes developed to handle the new angle of her ass and/or back. Learn to use sidearm strokes, both forehand and backhand. Pinwheeling is another useful stroke. This is simply a continuous circular motion, most useful in grazing the tips across the flesh.

You may find that the tips of your whip spread out too much as they make contact with the target. Some whips are more prone to this than others, or you may not be picking up enough speed with your stroke. Put a little more speed into the stroke at the end of your swing. This should solve the problem.

Don't keep up a steady barrage of strokes for very long. Pause from time to time to let your lady catch her breath. As your strokes become heavier, your pace should slow down to allow the pain to sink in and not overwhelm your victim.

Remember that, ultimately, you have nothing to prove. If you are pushing limits, either hers or yours, proceed with caution and sensitivity.

Practice with the same music you intend to use in your scene. Becoming familiar with the peaks and valleys of sound can help you develop a sort of plot to your whipping.

Again, be especially aware of where the tips of the whip fall. Whips with longer lashes hit harder. A blow nicely aimed at a well-padded ass can be extremely painful if the tips land on the more delicate tissues between the cheeks. Anuses, pussy lips, balls, and cocks live there; you want to be a lot gentler with these than your average tush. Be expert and accurate!

When you are a beginner, or you are with a new partner, it is wise to leave the subject ungagged so you can get feedback. No matter how skilled you think you are, there should be a safe word or (if gagged) a safe signal as we discussed in the bondage chapter. As we stated there, you have been entrusted with your lady's care and safety; this is YOUR responsibility.

Lastly, have somebody whip you, from light to hard. Make sure you have some practice under your belt so you can appreciate what he or she is doing.

OK, you have memorized all the safety rules we can think of and you have mastered all your whips and all their strokes. You're ready to toss that sweet, bound girl on the bed and give her a religious experience. School is out.

****** IT'S SHOW TIME! ******



These "Whips of Passion" are made by famed whipmaker Janette Heartwood. (photo courtesy of Janette Heartwood)

The single-lash whip

Single-lash whips come in a variety of styles and lengths, from the four-foot black-snake to Australian stock- and western bullwhips as long as twenty feet. These whips are made for show or managing livestock, but there are experts who are good enough to use them in SM scenes. A single-lash whip can open you up like a can of ravioli and their use is way beyond the scope of this book. The tip of a single-lash has to move at Mach 1 in order to crack. Most people use them in scenes to frighten with the crack, then wrap the lash around the submissive after most of the energy has dissipated from the throw. A few people know how to give a safe beating with them, too. Do you feel like dangling on this edge? Find a bona fide expert with years of practice and busloads of references before you do.

Bullwhips are not only at home on the range

As beneficiary of the percussive arts, rather than bestower, I (Molly) have enjoyed sitting back and leaving it to Philip to explain all about whackin' and smackin'. (Yeah, I know, the doms do all the work.) Since my bad aim is legendary in three states I wouldn't dream of entering the discussion except for my delight in introducing our guest writer and bullwhip expert, Robert Dante.

The bullwhip is a fascinating toy that until recently, I knew nothing about that I couldn't glean from TV, rumor, and myth. Shows like "Gunsmoke", "Rawhide", and "The Rifleman" all paid homage to the bullwhip as a formidable and somewhat romantic weapon and, of course, everyone in the Western Hemisphere has seen Indiana Jones ply the whip with surgical precision. Way back in the sixties, there was Lash Larue, a TV cowboy who carried a whip rather than a gun and, though Zorro was more known for his lightning-fast rapier, he also wielded the occasional whip. (Both Lash and Zorro always dressed in black. You don't suppose they were into...naw.)

Using a bullwhip as a scene implement had been shrouded in mystery for me. Though it seems like a bullwhip would be a natural toy for SM play, it was only recently that I saw one used for more than a prop or for its dramatic crack. They require a tremendous amount of skill. It can take several months to develop the accuracy necessary to use them safely. Though, if safety isn't a big issue for you, there's nothing like a bullwhip to prepare meat strips for a chef's salad.

The only single-tail whip for which I could claim a passing familiarity with was the four-foot snake whip owned by Philip. The potential of this diminutive whip is scary enough. It leaves a searing red line of pain radiating a heat that metamorphoses into burning sexual desire. Philip shredded pillow cases for weeks learning to deliver its special sting without slicing me to ribbons. It is a pain I have learned to love. The sound of its crack inspires feelings of anticipation both terrifying and intensely sexual.

Philip and I first witnessed the expert use of a bullwhip at a 1993 Dressing For Pleasure seminar. We were sitting in the front row to get a good view. Robert Dante was demonstrating the proper handling of single-tail whips. In his hand was an eight-foot long whip. At the end of it was his lovely wife and object of his demonstration.

When he cracked the whip I made an involuntarily sound, something between a moan, a gasp, and a sigh. Robert Dante looked at me and said with a smile, "someone is having a Pavlovian response to the sound of the whip."

Red-faced for the rest of the demo, I watched with rapt interest as the whip was masterfully wielded. I saw the whip snap its terrifying crack a mere eight inches from the pretty girl's body, then wrap sensually around her waist. I HAD to know what that felt like. After the public lecture, Robert Dante kindly humored me. I was not disappointed.

Since then, we have had the pleasure of getting to know Robert better. Aside from being an all-round nice guy, he is a gifted writer, a journalist, and publisher of a delightful,

enlightening scene magazine, ***Boudoir Noir*** *(see our appendix for subscription information). Because of his special expertise, we asked him to contribute the following article. Thank you, Robert Dante.*



The proper use of single-lash whips is Demonstrated by Robert Dante with the assistance of his wife Mary. (photo courtesy of Robert Dante.

The crack of a whip is the epitome of SM.

It explodes like lightning from the hand of a god or goddess, it snakes through the air like a dragon's claw. It's evil, languid, precise, supremely savage, and sensuous. In short, it is as sexy as it is dangerous.

It can create a range of sensations from delicate to cruel. It can be as subtle as a lover's tongue or as frightening as a chain saw.

Such is the fantasy, such is the reality.

In the hand of an expert whip handler, a well-made whip becomes a living thing, much the same way a samurai warrior's sword vibrates with the life force given to it by a master swordmaker. With any performing art, dramatic or athletic, the moment of truth is authentic and unique. It cannot be programmed or choreographed to be precisely the same every time.

I have presented seminars and workshops on bullwhip use. I've also given private tutoring sessions. Dressing For Pleasure arranged for one of my workshops to be videotaped (warts and all).

I do emphasize "safety first". Although I can show someone how to use a bullwhip, it's up to that person to invest the hours of practice required to get the basics down. Be prepared for calluses and blisters. From what I've seen, each person develops his or her individual style and relationship with a whip, but the basics are usually in place. I try to communicate those basics clearly and, fortunately, the single-tail whip experience has a sharp learning curve. If you've got patience and persistence, you can get there from here.

One nice thing about the bullwhip is that the wielder does not have to be a burley linebacker - some of the best whip crackers I've seen have been smaller men and women. Even a gentle stroke with a beautiful form carries more power and grace than a sloppy, strong swing.

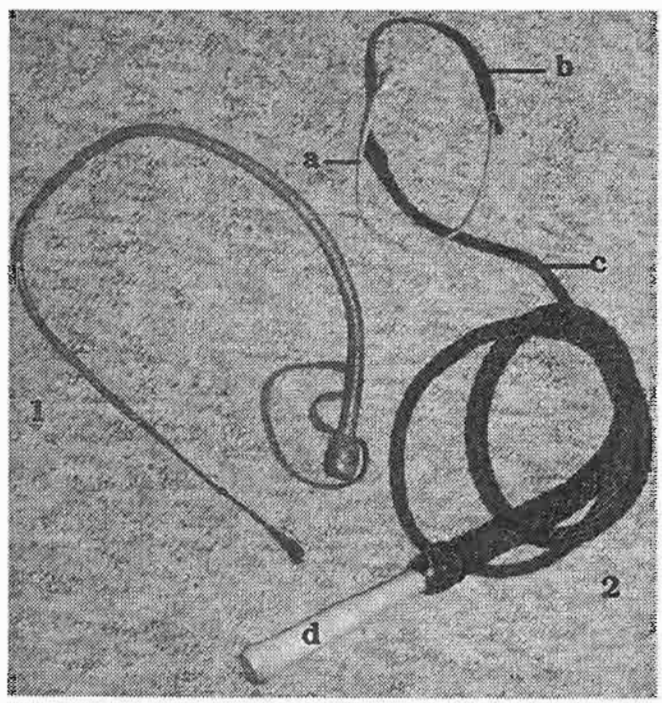
Let's get down to it:

Basically, there are three different types of single-tailed whips: black snake, bullwhip and stock whip. The difference is in the handle and the flexibility of the whip. The black snake (and in this category I put signal whips, dog sled whips, and other shot-loaded, flexible--handled, short whips) is a faster, shorter, meaner mother than the other whips. On the plus side, it is better for use in confined areas and does not require as much expertise to master. On the negative side, it has a narrower range of SM play potential.

The bullwhip has a short rigid handle and a flexible thong or lash which can come in various lengths. On the plus side, it is a highly versatile instrument. On the negative side, it demands that its user knows what he or he is doing or it will hurt someone (including the handler). It looks easier than it is and the potential to do damage is significant. This is a good place to tell you SAFETY RULE NO. 1: Protect your eyes. You were born with only two - you don't grow new ones if you damage the ones you have, so wear glasses, goggles, or a hat with a brim.

The stock whip has a longer, rigid handle with the thongs attached. In this category I will put buggy whips, horse whips, dray whips, lunge whips, and the whole class of wrist action whips. They are easier to master than bullwhips, but again, the range of play is narrower. They do require less effort to crate satisfying cracks, relying more on a fishing rod cast action than a whole-body, Tai-chi-like, bullwhip throw.

The different whips require slightly different throws to effect cracks, but they all crack for the same reason: the cracker or popper at the end of the lash breaks the sound barrier and makes a small sonic boom. A good whip acts like a magnifying glass, taking the motion, momentum, and energy you place into the whip's handle focusing that energy more tightly into the whip's tip (Newton's Law of the Conservation of Energy). A well-made whip will conserve most of the energy put into it until it reaches its explosive release in the cracker. A shabbily made whip will dissipate its energy, requiring more effort to be put into it in order to create a halfway decent crack.



1) signal whip (a black snake type whip) 2) bullwhip
a) cracker or popper b) fall c) lash or thong d) handle

Using the bullwhip as our model, here is the basic anatomy of a whip: the handle attaches to the lash or thong, which attaches to the fall (a round length of leather or a flat, slapper-type length of leather), which attaches to the cracker or popper, the piece of string at the end. Most crackers are replaceable; some falls are replaceable. The idea is that if you bang the whip on the ground or into a wall, let the cracker or fall take the beating, not the thong of the whip. The cracker or fall are easier to replace; the thong will need to be rebraided, or replaced.

A good whip will have a good core, almost like a secondary whip inside the outer covering. That second whip will have a bolster around it, around which the outer covering is braided.

I recommend people start off with a shorter whip, usually a 4-foot bullwhip. It is faster, much less forgiving of mistakes and requires a stricter form. The advantage is that it is less expensive to buy than a longer whip, can be used in a smaller space and it will not tire out the user as quickly as a longer whip will. And once you have the basics down with a 4-footer, it is a relatively easy matter to take that knowledge and experience up into a 6-footer or an 8-footer.

The longer the whip, the less accurate it will be. Up to eight feet is about as long as you can go and still play fairly spontaneously with any precision. Beyond this length, the whip should be used primarily as a psychological toy -- a "bullwhip ride" can be exhilarating and emotionally draining -- even under a thick leather jacket (it will mitigate cuts but severe bruises are still possible).

A new whip will be particularly stiff; I tend to prefer a more flexible thong, but some others prefer their whips to have more body, density. A whip needs to be conditioned and cared for. It is an instrument, a tool. It is leather: it will dry out, so it will need to have its oils replaced to maintain its health (I use Dr. Jackson's Hide Rejuvenator, available from Tandy - but others use tallow, lard, beeswax, even Neutragena soap). Don't get it wet. Most whips are made of either cowhide or kangaroo. Cowhide is much less expensive and easier to find, but kangaroo is lighter and stronger, allowing a tighter braid without sacrificing strength.

You don't have to play with the cracker attached. Texas bullwhips have flat falls which can slap; Australian-style whips have single thongs. For the versatility, I like the Texas bullwhip because you can detach the cracker easily and use the whip like a flexible rider's crop. Still, don't underestimate the potential for damage here. Go easy, even on a slow, wide and flat, slapping-type swing.

Safety: once again, protect your eyes. You can identify a new whip user by the welts on the arms and the nicks on the ears. Treat the whip as if you are learning to play with a chain-saw. The analogy is not exaggerated. Do not snap the whip down so it flies back at your face - unless you desire to sport a welt or scar on your cheek or lip. Wear long sleeves. Wear a hat with a brim. Before you start swinging the whip, make sure there is no one behind you and nothing loose on the ground around you - if you strike just right with the whip, you can send an object flying like a bullet.

Before we begin, spin the whip in a circle around you, like a propeller, using your wrist. Visualize the whip's arc creating a disc in the air beside you, with the handle at the center. If you spin it on your other side, you have moved the disk. If you spin it over your head, the disk is now above your head. You are always at the center of the disc. If your body is not at the center of the imaginary disk...you will hit yourself. If you send the whip out and jerk it back at yourself, the whip will hit you. The whip will do exactly what you tell it to do. If you give a whip two different instructions, it will try to obey both of those instructions and will probably end up hitting you in the face. There is nothing as single-minded as a whip, so be unambiguous in the messages you give it.

After the whip cracks, it is ready to crack again, so continue the motion. Tell the whip with your hand where you want it to go. Always keep the whip moving away from your face. If you need to, drive it into the ground beside you.

There are three basic shots, all building from each other: The overhand throw (including backhand, side-arm "flick" and upward shot), the circus crack (or S-shot, "serpentine" shot) and the reverse snap.

With the overhand throw, lay the whip out on the ground behind you. Pull the whip handle-first, so you can pull the lash over your shoulder. Keep your wrist passive. Use your whole forearm as an extension of the whip, aiming the handle at the point where you want the whip to crack. You want to create a hairpin, a wave rolling along the length of the whip as it unwinds before you. Do not go for speed - if your form is correct and the hairpin is tight, the whip will crack all by itself. Listen to the quality of the crack; a sharp

report means you've hit the sweet spot. A dull thud means the fall is cracking, but there is not enough energy to make the cracker pop.

Keep your elbow and forearm on the same plane. If your elbow is aimed outward and your hand tries to compensate by twisting the whip back, you are sending two different messages into the whip. Make every component of your throw a single thought, a single action, a single follow-through. Be single-minded.

Keep the whip moving over your shoulder, close to your face (but away from it, forward). If you minimize the parallax (the discrepancy between your eyes and your aim), you become more accurate, more likely to hit what you are looking at and aiming at.

Be flat-footed (at least, at first). Get grounded. Flex your knees, relax your ass muscles, commit yourself to the throw with your whole body, from the soles of your feet, up through your back, into your shoulder, right through your hand, into the whip, all the way to the cracker. Make it a whole-body experience. Go slow. Don't worry about trying to make the whip crack. If your form is clean, the whip will crack, all by itself.

The second stroke is the circus crack. With this, you make a chopping motion as if you are holding a meat cleaver. Pull the whip forward and up, forming an S shape over your shoulder. Have it double back on itself so your hand now travels down. This is a single stroke, not two strokes. If it is done as a single stroke, by doing this you double the distance the whip travels, placing more momentum and potential energy into the lash, resulting in a louder crack. This is the cutting stroke.

The third stroke is the reverse snap. Make a circle over your head. Now cut the handle back along the same plane, sending a hairpin wave into the thong. Whip will crack, fairly close to you (half the length of the whip or less). This is the easiest stroke for the longer whips, but it is also the least accurate. Powerful stroke. Basically the same as the circus crack, but on a different plane. It helps to line the whip up by swinging it twice in one direction, then cutting back on the third swing.

Tip: use both hands, first one, then the other. It will keep you from getting overdeveloped on one side. Also, the practice you get using your off hand will make you a better whip handler with your preferred hand. And when you have burned out the muscles in one arm, you can continue to practice by using your other arm until your tired arm has rested. All this switching hands will continue to educate your eye and the rest of your body, increasing your instinctive understanding of the rhythm of the whip and teaching your brain better whip handling protocol.

For the rest of it, practice, practice, practice. That's the one thing someone else cannot do for you. Every stroke you invest in practice goes into your bank of experience. And it pays great interest, once that learning curve kicks in.

Playing with someone else: in a word, DON'T - at least, not until you are good enough to take leaves off a tree a quarter-inch at a time. Play with plush toys and teddy bears (their fur will show you where you are hitting). Once again, safety first. Keep the whip moving away from your partner's face. Expect to mess up; expect to miss a stroke. If you expect to screw up, you will make an effort to minimize the possibility for damage or injury. You will be glad you did. Have your partner wear glasses, goggles, hat. Even more, have him or her wear gloves, jacket, jeans, chaps.

Wrapping can be particular fun. Have your partner put a hand out (in a glove). Send the whip out so it cracks a bit above and behind the other's arm. After the whip's energy is expended in the crack, the thong will wrap around the arm harmlessly. If you get really good, you can minimize the time between the crack and the wrap so they sound almost simultaneous. It's a head trip, a scary ride, but no damage will be done. If, however, the crack occurs at the surface of the skin, you may wind up taking your partner to an emergency room to have a deep cut stitched up. At the least, your partner will have a welt, or an abrasion, which may or may not be permanent. Proceed with great caution.

Don't wrap the neck. The cracker may inadvertently stroke an eye or the thong may abrade the neck or the fall may cut.

I have read a whip user write that a bullwhip does not cut -- it "burns." Well, in my own rodeo-style public stage performances I cut paper and playing cards and slice bananas, stroke by stroke. A crack from a bullwhip can burn, and it can raise a welt -- and it can cut. Just ask my favorite bottom."

I will not get into the intricacies of heavier play here. Some things are better (more safely) shown than described.

There is no substitute for having a friendly relationship with a good whip handler. If you can find someone who knows what he or she is doing, introduce yourself. Most of the good whip people I've met are happy to share their passion with other experts and neophytes alike. There's always something new to learn and there is always someone out there who can do something you can't.

Tricks are great fun and can sharpen one's ability with a whip. Cutting newspaper sheets down smaller and smaller is a good one. Putting out candle flames is always dramatic. Popping balloons is fun, but harder than it appears. Hanky snatching is pleasurable, but is more easily done with a blunter cracker.

Resources are more easily available than they used to be. The Wild West Arts Club (3750 S. Valley View, #14, Las Vegas, NV 89103) has regional gatherings where people of a like mind get together to share their fascination with whip cracking, knife throwing, and rope twirling. It is also a stunt man's association with a membership of about 500 people worldwide. Founded by Mark Allen, its catalog features decent bullwhips and videos by such experts as Alex Green. Anthony De Longis, the coach who trained Michelle Pfeiffer to wield a whip as Catwoman, also has a homemade video out there.

My own foray into video whip teaching, "Whip It Up," was recently released by Invision Productions." For information, contact me through The BOUDOIR NOIR (see appendix).

The Boudoir Noir, a magazine published by the author of this article, also sells good working Texas bullwhips and straightforward, cowhide stock whips through its catalog (Box 5, Stn. F Toronto, ONT M4Y 2L4). The Dressing For Pleasure Boutique in Upper Montclair, NJ, has "The Spirit of the Whip", a videotape of a workshop I presented in 1993.

The Australian Stock Saddle Co. at P. O. Box 987, Malibu, CA 90265 has stock whips from Australia available. Roger Patterson of Arizona makes a unique spiral-wrapped whip from Australia available from some select stores in the U. S. and Canada. David Morgan, author of the comprehensive *Whips and Whip Making* is a first-class whip maker and importer in Washington (phone 206-485-2132), but if you indicate you are part of the Leather/SM scene, he will hang up on you. Tandy's Leather has a small booklet by Dennis Rush called *Whipmaking, a Beginner's Guide* which is clear, concise, and informative.

Remember there are two dimensions to whip play -- the psychological and the physical. Blend them responsibly.

There you have it - enough information to make you a danger to yourself and others, so please remember, Safety First. I've tried to make sure the training wheels are on and you're wearing a helmet, but there always comes a time when you have to go out on your own and find out what it's all about for yourself. Practice, practice, practice. Consider this a push in the right direction. Just like a motorcycle -- all that power, right there in your hands. Have fun -- that's what it's supposed to be about.

11 It's only Pain, Dear, and It's Only Yours

Why Take a Long Road To Enlightenment, When You Can Haul Ass On a Super Highway?

How singular is the thing called pleasure, and how curiously related to pain, which might be thought to be the opposite of it; for they never come to a man together, and yet he who pursues either of them is generally compelled to take the other. They are two, and yet they grow together out of one head or stem; and I cannot help thinking that if Aesop had noticed them, he would have made a fable about God trying to reconcile their strife, and when he could not, he fastened their heads together; and this is the reason why when one comes the other follows, as I find in my own case pleasure comes following after the pain...

Plato

A sexy body-building type plumber answered my service call the other day. I conducted him into my private bathroom and waited while he contorted those great muscles in his efforts to restore my big tub to full health.

"What's this for, Ma'am?" he asked, fingering my glove-soft, lightweight flogger hanging on the wall.

"Strictly pleasure," I replied with a glint in my eye and the trace of a smile on my lips.

"Really, Ma'am; how is it used?" he questioned further, with just a hint of flush on his cheeks.

"Whips of passion look so stunning against naked flesh," I mused, and then I commanded, "Strip off your clothes!" and grasped my sensuous purple and black flogger with the soft deerskin tails.

"Yes, Ma'am."

He hastily obeyed and presented me with a luscious pair of firm young buns. As you can imagine, dear reader, we both got pretty hot; working with a virgin has its own special charms. I massaged his body with those short tails, and when I thought he was enjoying it rather too much, I switched to my heavy flogger with the red diamond braid handle and long, sweet-mean tails. With this grand whip, it didn't take me long to give him a lasting impression.

The afternoon was a fair trade; the plumber went home tender, but hungry for more, and I filled my tub with warm bubbling water in anticipation of my lover's arrival.

Janette Heartwood
(reprinted with permission)

Liberty consists in doing what one desires.

John Stuart Mill



Black and white. Good and bad. Pleasure and pain. To children these are distinct entities, opposing ideas. As we grow older we learn that the real world is filled with gray areas and paradoxes. Still, it's tough to swallow the concept that pleasure and pain can be one and the same. Nothing is more incomprehensible to SM-outsiders than the idea that pain can be enjoyable. Yet, many, perhaps most people have already had some experience with erotic pain.

Have you ever had a session of hot and heavy lovemaking only to notice some soreness the next day? Or have you discovered bruises, bites, or scratch marks that surprised you as you didn't remember anything that hurt enough to have left such marks? This is not unusual; nips and pinches can be very pleasant sensations while making love. Perceiving pain as pleasure doesn't sound so strange put in this way, does it?

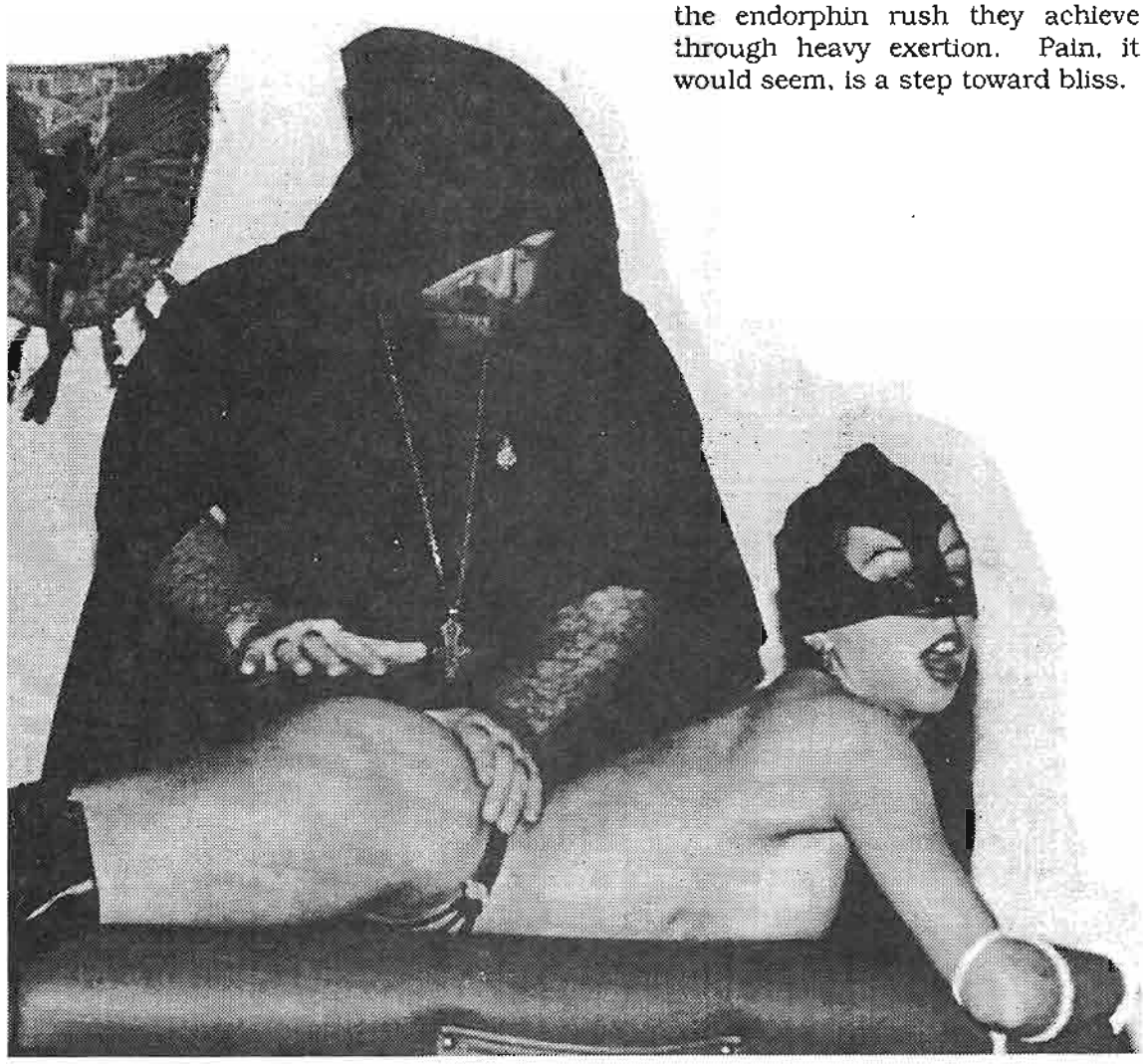
If this sounds familiar, you have experienced erotic pain. Does this mean you are a masochist? Possibly, but not necessarily. (However, ladies, if you think you might be, Philip still has openings on Tuesdays and Fridays.) A large part of corporal practices within SM are based on our natural ability to convert pain into erotic stimuli.

We call practices based on pain "corporal" from the term corporal punishment. Some people take to corporal very readily. In the scene, they are usually referred to as masochists (as opposed to those outside the scene who think that all submissives fall in this category, as well as being totally nuts). Others experience the conversion of pain into pleasure as a learned response.

Knowing that people can be conditioned to respond sexually to things that are not generally considered erotic, such as touching, commands, etc., why bother using pain? It isn't that we just like to hurt our sweeties. You can tap into the body's own mechanism for dealing with pain to produce dramatic and intense events. There are both psychological and physiological components to this.

Pain is an emotional sensation. It is a cognitive interpretation of a stimulation that is, or might be, damaging the tissues of our body. A slap on the fanny stimulates specialized sensors in the skin called nociceptors. Nerve fibers transmit the occurrence of a spank to other nerve fibers in the spinal cord which relay the message to the brain. The brain locates the source of the spank, evaluates it, and determines an appropriate response to it.

If the spanking is severe enough to warrant it, the brain signals the body to manufacture powerful, opium-like substances called endorphins which enable people to endure high levels of pain. An endorphin rush feels great! Have you ever heard of "runner's high?" Heavy exercise is painful, but people actually learn to enjoy exercise for the endorphin rush they achieve through heavy exertion. Pain, it would seem, is a step toward bliss.

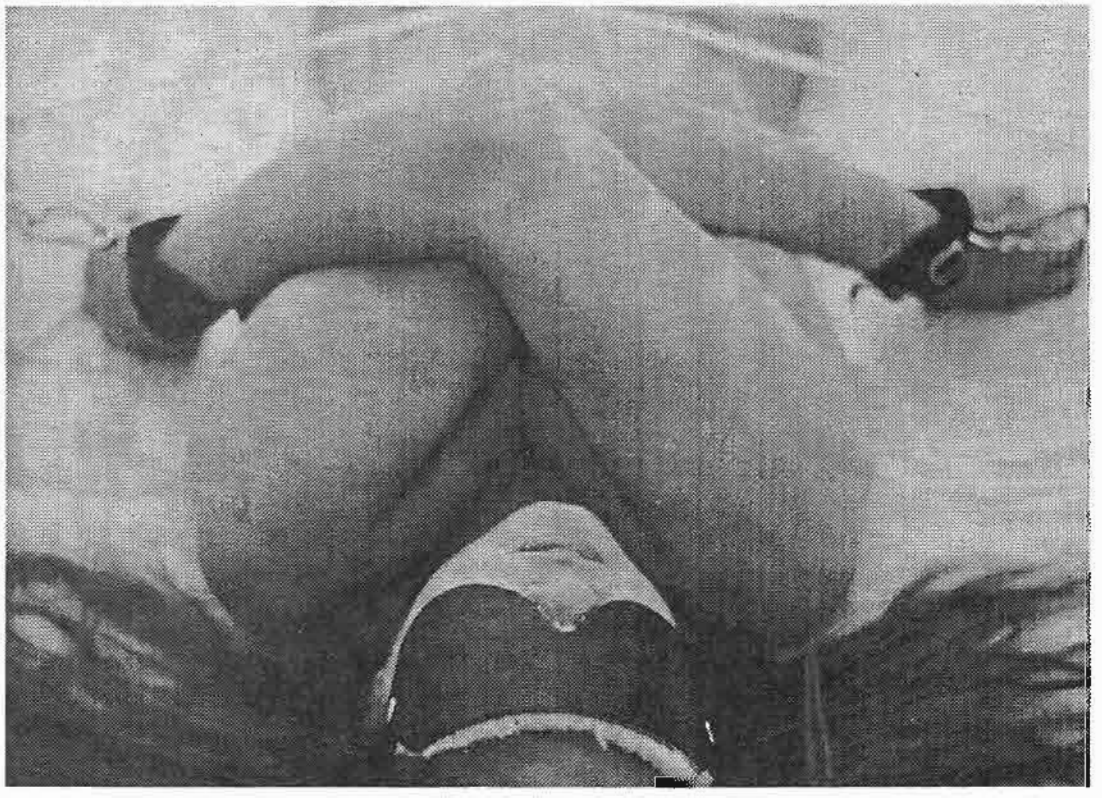


Part of the brain's interpretation of a spanking has a psychological effect, as well. Studies have shown that anticipation of pain can intensify the experience by producing anxiety. Does our helplessly bound submissive expect another swat after the first one? You bet she does, that's rather the point of the exercise. But when the next one comes, how hard it will be, and how long she'll have to endure the pain are matters she cannot control unless she wants to stop the scene by using her safe word. Anticipation and anxiety may also add adrenaline or other substances to the body's chemical stew. Who knows? Neither of us advanced further than a "B" in high school biology, so we admit these are unscientific, but educated guesses based upon "experiments" that have yielded rather spectacular results.

Add to our submissive's dilemma the fact that her dominant is caressing her body amid the spanks, urging her ever closer to orgasm, or perhaps, inducing orgasm after orgasm. Now, the conundrum of mixed messages and responses taking place in her mind and body enormously amplify the experience. The skill, inclination, and instincts of the dominant, the nature of the emotional connection the submissive feels for him, and the degree to which the scene fulfills each lover's fantasies determines the outcome of the scene.

The anxiety produced by being helplessly bound, thereby relinquishing control of your fate to the will of another may be enough to send you soaring. Having someone over you wielding whips and paddles might be just what Dr. Delight ordered or it may be too intense. For this reason, we advise you to progress slowly, carefully observe your reactions, and communicate clearly with your dominant.

Whipping or sexual torment in addition to the standard libidinous heat and desire can produce feelings ranging from exhilaration to intoxication. Pain caused by injury or accidental pain does not have the same effect because it is not a part of a sensual or sexual experience. Random pain of this type is nasty stuff, bad pain. Erotic pain is good pain, it is deliberate, given with love, and executed skillfully.



Flying

"Ground Control to Master Tom"

There is a phenomenon within the practice of SM that renders an ecstasy beyond orgasm. It is an altered state of consciousness that we unblushingly call transcendent. (Navels are nice to contemplate, but we find a spankable fanny a much more intriguing alternative.) Though it may sound far-fetched, it has been described by too many people to doubt its existence or its connection to SM. SMers call it flying, at least most of us do. Some people call it melting away or an "out-of-body" experience. Some may even call it Bob, how the hell would we know?

Altered states of consciousness produced by sexual or erotic means are noted throughout history. The sexual practices and meditations of Tantric Hinduism and Vajrayana Buddhism are said to be paths toward enlightenment. Similarly, some adepts of Taoism pursue *fang-chung shu* (arts of the inner chamber), employing a sexual breathing technique called *ho-ch'i* (unification of breaths) during sexual union as a "gateway" to spirituality and immortality.

Mind-bending sexual technique is not solely the turf of easterners. The West also has its fair share of explorers. Aleister Crowley's gang achieved altered states with their brand of "Sexual Magick." Crowley gave us a mouth-stuffing, but enlightening expression; his initiates were ritually pushed to sexual exhaustion inducing a consciousness that he called erotocomatose lucidity. If Crowley meant what we think he did, that a person can be erotically stimulated into a temporary, coma-like stupor while experiencing lucid visions and sensations as though they are experiencing a separate reality, then erotocomatose lucidity is what we call flying.

Not everyone who is into SM has the experience of flying. In fact, it seems to be a phenomenon experienced by the few who get into heavier corporal (whipping and spanking) scenes than those into other practices, but it is not exclusively within the corporal domain. During flying, the dominant is the pilot and the submissive is the space shuttle. There are several different ignition buttons and lots of techniques for pushing someone past that final shove into orbit which we'll cover later. Some say they take off when they sink into deep feelings of submission and their independent will goes out the window. Others maintain that feeling vulnerable and exposed is enough to make them fly. Still, the ever-popular "high state of sexual excitement" when mixed with the pain of a whipping seems to do it for most of us.

People who fall into this latter category begin to soar one of two ways. They can be kept for a prolonged time on the edge of orgasm, or they can be made to orgasm repeatedly. Women can be pushed over the edge either way. Continuous sexual teasing and denial of orgasm increases tension to the point of take-off. Multiple orgasms push them higher and higher and the orgasms start to blend together. Before long, they are in orbit. A man's sexual energy diminishes quickly after orgasm, so teasing is the best route for them.

The flight experience varies widely as one would expect from a journey that begins and ends within the confines of one's skull. But commonalities do exist. First of all, there is an incredible sensation of freedom. The flying submissive feels like she is actually flying or floating, disengaged from her body. She becomes vaguely aware of what is going on around her and her sole connection to the real world is through her dominant. She also senses that her brain is shutting down, that reason and ordinary perspective have gone on vacation. In this state, there are few inhibitions. Speaking feels sluggish, as though one is talking through water. Flying subs rarely say anything unless prompted by their doms.

Most flyers we know report similar visual perceptions, too. They see themselves enveloped in darkness, yet there is light just beyond their immediate surroundings. Often they can see images with brilliant clarity, visions of mountains, clouds and skies, even the

darkness of outer space as they drift among the stars. Sometimes they see nothing; sounds, words, or music in these cases are their predominant impressions. We cannot define exactly what these altered states of consciousness are, or what causes them. Everyone has their own pet theories; cosmic connections, chemical reactions, emotional overload, mystical or spiritual states, and out-of-body experiences are the primary conjectures. Does this mean doms are rocket scientists and subs are space cadets? (Sorry, we can rarely pass up a pun).

All we know is that flying works, it's wonderful, and we can reproduce the results using the same techniques. Philip has experienced flying with several women and Molly has flown with other men. Don't you think we should be given a government grant to continue our research? What we do is a hell of a lot cheaper than launching a space mission, it is undeniably more fun, and everyone can do it.

Sensations of pure experience without any apparent meaning and seeing totally unrecognizable images are common. Below is one such account:

> I know you've been waiting to see this. It still does not describe the actual experience as well as I would like it to, but much of it is so difficult to translate into words. I have no idea where I was. I saw things and places that I have never seen before. Honest!
>
> I am naked. My hands are bound over my head, my legs, spread-eagled and bound. I close my eyes under the blindfold. There are light caresses all over my skin. I hear voices off in the distance, soft and alluring. My body is shivering, but I am not cold. I feel my mind going blank and I feel myself drifting. I am aware that violent tremors are running through my body, but I no longer feel them.
>
> The sky is a mystical blue above me with a soft scattering of clouds, though darkness directly surrounds me. I am still aware of the voices in the room but they are detached, not a part of my inner surroundings. I want to say what I see, but I no longer have control over those muscles which would allow me to speak.
>
> I'm floating higher and the dark skies around me are a soft blue. I extend my arm into the clouds and my guide tells me I can go no further. He tells me, "Come back." I turn to look below me. I see the mountains thickly surrounded by silver laced clouds. I want to reach for them, but he tells me no, that I must go with him. His voice is becoming distant as I drift further into the clouds below me. I feel my hands clench together as I am reaching.
>
> In an instant he surrounds me, pulling me back with a force that I can no longer resist. I am returning to the room where I still lie bound upon the bed. I feel my body shuddering as I become more aware of the voices around me. They seem to be bringing me together again.
>
> I am now aware that my hands are no longer bound, yet they are still clenched as if to hold onto the clouds that once surrounded me. I feel the trembling, and as it becomes stronger I know that all of me is now together. I feel a tear fall from each eye and I am once again completely earthbound.

Philip was piloting this lady, who shall be dubbed Mary to conceal her identity. Also present for the scene were Molly, another submissive lady, and another dominant. Mary had received a light whipping and caressing which brought her to a mild state of arousal. She was then stripped sensuously, bound, spread-eagled to a bed, and blindfolded. Philip and the other two submissives began to caress her and fondle her while Philip guided her into submitting and relaxing into their ministrations. We can only speculate, but we believe, on subsequent discussion, that Mary flew because of her intense sexual arousal, her desire to give Philip control over her, and high level of trust in the people involved.

Philip felt a strong mental connection to Mary just as she began her take-off. Philip felt as though his consciousness was surrounding Mary like a protective envelope. She

began to drift off very quickly. It started with heavy shivering which lasted a only few minutes, then she settled down. It seemed that she was mildly startled or that she felt off balance at times as her body flinched briefly a few times.

Though her account might seem to indicate that her flight lasted only a short time, Mary was sailing around for about twenty minutes. Then Philip began to hold her close and speak very gently to Mary, coaxing her to come in for a landing. He removed her blindfold and let her come down very slowly, holding her for a long time after she was back among us. It was a beautiful and mysterious encounter for all of us.

"Flying" may not be considered the most appropriate term for this phenomenon as the sensation is not one of being airborne for everyone.

> I have a landscape, but I do not 'fly'. I am on the land.
>
> [My] experience starts out with me in a green pasture or field. I am looking up at the sky and it is almost an unreal hue of blue! I start looking around the landscape and I feel an immense pleasure, not knowing why or what, but I know I am happy and content.
>
> Slave Kitiara

Another submissive comments:

> This past weekend my Mistress was using a combination of whip, flogger and pinwheel on me that was unbelievable! I have no idea how long I was 'gone' but I was definitely up in the ozone!
>
> It didn't take long to get me there, and when she brought me back down, I could feel her gently stroking my skin and calling me back, telling me to 'come back down' and join her. [Tonight] is Wednesday night and friends of mine at work have commented that I've been glowing since Monday and they all wanted to know what my secret was.
>
> The way flying feels to me is like being on the top of a mountain during a storm, feeling the winds lashing at my skin and leaving my nerve endings tingling. My skin will literally tingle for hours afterwards.
>
> Hmmmmm... I wonder if the Mistress [X] airport will be open this weekend?
>
> Coquette

A dominant we know disagrees that flying is a phenomenon apart from what we call sub space. He views flying as part of a continuum of submissive emotionality. Each facet of the multidimensional "sub space" he refers to, is controllable as a separate entity:

> Most folks think of sub space (and top space) as being two dimensional, and I feel that this is an error, we spent most of the last year playing in exploring just how many dimensions exist.
>
> Two dimensions would be like an elevator, a 'I am really close to the top, please make me less verbal' kind of thing; up being close to coming out of sub space and down being a place where the sub is deep into [her] space.
>
> I define 'flying' as a very precise location in an individual's sub space, and not the same location for every individual. It is where her needs are being met in an environment that allows her to maintain her point in space with minimum or zero effort.
>
> We played with more than three dimensions, and were never able to identify all of the major ones, let alone the minor ones, but I will use three to try to explain where I am coming from, and what we were doing.
>
> If you consider volition, mentation, and verbosity as different elements of sub space, let us agree that each can be controlled separately. The sub can range from the normal ability to communicate all the way to being totally non-verbal, the

> will of the sub can range from being perfectly capable of making decisions and acting on them, to being totally docile, from having the full capability of thinking things through to being totally incapable of thought. The common point of origin for each of these qualities is at the deep end, and if you bring your sub all the way down there you have your basic vegetable, unable to think, communicate, or react.
>
> Now we can construct a three-dimensional space, each of these qualities having an axis in a different dimension...if you visualize it as a cube, you can see that it is fairly easy to describe exactly where subs are in their space, and by working on one element at a time, move them around in their space.
>
> We were using this as a tool to explore sub space, and we were getting a grip on how to use sub space, as a tool to explore our relationship."
>
> ...I see the dom's role as one of assisting the sub into [her] space, rather than, as I sometimes see around me, the Dom being totally concerned with meeting [his] own needs, and leaving the sub to struggle along to enter space without guidance.
>
> Cosmo

Perhaps this is the best time to suggest that you shouldn't resort to drastic measures trying to make someone fly. You are liable to do more damage than good by trying to force it. Heavy whipping will not necessarily result in flying, in fact it can have the opposite effect. Endorphin highs, caused by heavy pain or exhaustion are not flying. One submissive friend of ours related a scene where a bad dominant was whipping her ever more frenetically. He even ignored her when she used her safe word, over and over again. She said that she was able to put herself into a mental state where she no longer resisted this jerk's abuse, she simply blanked out. This is not flying either, it is one of the mind's methods of defending itself against abuse, extreme fear, or trauma. This "dominant" should be drawn and quartered. Flying just cannot be forced.

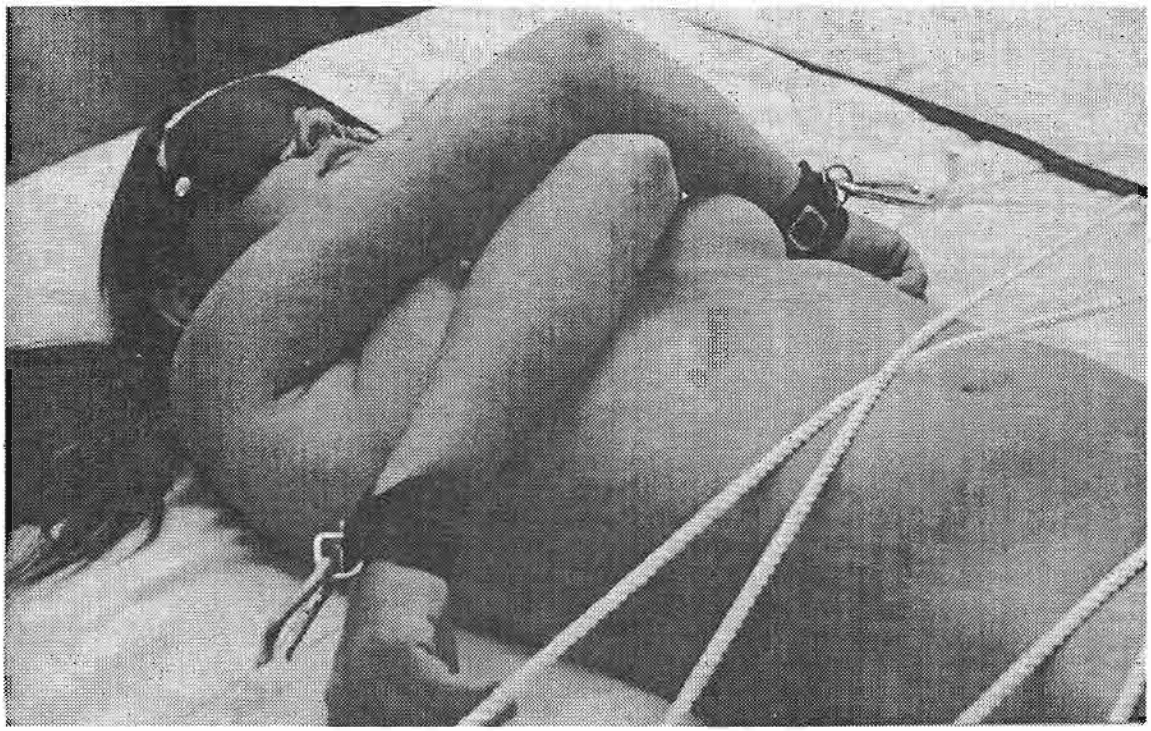
As with any other natural phenomenon, flying will happen easily when all the elements are in place. Since people vary so greatly, the same elements that make one person soar may not work for another.

We cannot say exactly what these elements are, but we suggest that trust, confidence, sexual attraction, and a strong connection between the players are prerequisites. Other elements may include: being open to what might happen during a scene rather than expectant: intense, prolonged sexual tension; and concentration or focus. All of these take time, patience, and caring to develop. Relax, proceed with your scenes in a way that you both enjoy, gently and slowly pushing some of the boundaries of your scenes. You might experience flight, and you might not. If you are bound and determined to have the experience, find someone you can trust implicitly, who has flown submissives before and ask if he might help you.

Flying is similar to being stoned, but much better. (Or so we have been told. We wouldn't know, as we have always been good and proper citizens who never dreamt of abusing controlled substances.) Some drugs that cause brain shut-down also numb your feelings, while SM does not. As far as we're concerned, flying is a high far better than drugs. We don't recommend using drugs while playing SM. Drugs can cut off the very sensations you are striving for. They also slow your responses during potentially dangerous situations. We don't think drugs are an intelligent choice while doing scenes.

Watch her closely while she's out there. You are very likely to find that you feel some unexplainable connection with her; that you feel you are controlling her flight. The funny thing here is that when you feel that connection, odds are that she is feeling the same thing. We have felt that connection between us and it is felt in the same way; either as though Philip was holding some invisible strings tethering Molly to him, or that his consciousness was surrounding her, protecting and directing her. These two distinctly different sensations have occurred during the same sessions to each of us at the same

time and have happened the same way in scenes with other people.



Be Careful! Subs who are flying are unable to make decisions, to determine damaging levels of pain, and would never think of using a safe word.

There are several things a dominant must be aware of when confronted with a flying sub. SUBS WHO ARE FLYING ARE UNABLE TO MAKE DECISIONS! If you told her you were going to cut off her arm, she would sweetly and casually reply, "Yes, Master." She will also be unable to determine damaging levels of pain. If you are using whips or spanking to launch your submissive BE CAREFUL! Once she's "on the fly" she's not going to use a safe word; it will never occur to her.

You, the dominant, as her link with reality, must not break contact or leave her. Stay with her also for the twenty or thirty minutes it takes for her to drift back to earth. Yes, it can easily take twenty to thirty minutes, and don't be surprised if she remains fuzzy for hours. It isn't unheard of for her to feel the exhilaration from flying for days. While your lady is in orbit, make her comfortable. You don't want her to experience any strain or anything else that will defuse the free feeling of flying. Untie her or not as you see fit, but make sure that she is comfy, warm, and feels safe. Check her hands and feet if she's bound to make sure her circulation is good. Never take your attention from her, her sense of well-being relies largely on that mysterious mental connection to you. Lie beside her and let her feel your presence, but don't interfere with her voyage by asking her if she's OK. She's fine. In fact, she's as fine as she'll ever be!

People act different ways when they fly. They might tremble violently (as Mary did) or drift off as peacefully as lambs. Some appear as unresponsive as a doorknob. Don't panic, your lady is just dandy. She's just ping-ponging around the galaxy feeling all kinds of swell stuff. This is a time for you to be brave and patient; she will be back with you soon, better than new.

Let the dear girl sail around for a while, then stroke her gently and speak softly to her. Kiss her lightly, she will slowly begin to come around. The key here is to bring her down very gently, a fast free-fall back to earth can be a terrifying experience. Assure her that she has been wonderful and that you will not leave her alone. Cuddle with her.

As she begins to regain herself, she will be remarkably happy and appreciative. This is an opportunity to enjoy some of the most gratifying snuggles and nuzzles you will ever experience. Don't rush off to take a pee or to get a bottle of wine to celebrate. Take your time, just hold one another and sop up all that love.



photo of Steed and Tori by Jerry

The maiden voyage of rocket Molly

If you are still skeptical, we don't blame you. Rest assured we were equally skeptical once upon a time. Molly was a champion skeptic, distrusting anything mystical or lacking in empirical evidence. The following is an account of Molly's conversion:

I was eager enough, but totally novice to the scene. My sizzling fantasies about dominance and submission only lacked a compatible partner to fulfill them. I was in awe of the spectacle of players on my third visit to The Vault, one of the best known SM clubs in New York City. Late in the evening, a girlfriend introduced me to Master Rick, a dominant visiting from a Southern city.

Rick explained the action as we watched a few scenes together. He was a hot-looking guy with a quiet drawl and an old-fashioned chivalry that could have charmed the robe off Sandra Day O'Connor.

Clearly, the attraction was mutual as he invited me to visit him for a chance to experience rather than just watch. Being the paradigm of gentlemen, he requested that I consider his invitation to give me an opportunity to ask my friends what they knew of him. I learned that he had been active in the public SM scene for years and enjoyed an impeccable reputation as a good and careful dominant. I was delighted. I accepted. I was very, very nervous.

In preparation for the impending weekend, Rick and I held long telephone conversations in which he coaxed information from me, learning my worries, concerns, and most intimate fantasies.

"What implement do you fear most?" he asked during one such discussion.

"The cane," I replied after thinking a moment.

"Then," he replied, "I will reserve that for punishment."

My urgent gulp of air must have been heard because he immediately responded softening my anxiety by saying that timely, sincere apologies for mistakes might earn me a pardon. This, I later realized, was yet another ruse Rick used to learn more about me.

During one of our chats Rick said he intended to make me fly. I assumed this was merely male hyperbole. "Yeah sure," I thought. It seemed unwise to vocalize these doubts to a man who would shortly have me bound and helpless.

Before my visit, I was given instructions and little tasks to do. He knew I did leather-work and he bade me make a collar and cuffs that I would be comfortable wearing all night. I was told to sit bare-bottomed on leather each night for fifteen minutes and write down my thoughts. Rick instructed me not to wear panties on the flight down. "No one has to know," he said, "it will be our secret." When I arrived I was to walk by his side or behind him, never ahead of him. These conversations and assignments kept me in a submissive frame of mind with just the right mixture of anxiety and anticipation.

My scene-wise friends alternated between fanning my fears and allaying them. First, they would remind me I was soon to spend the weekend with a guy who planned to tie me up and beat me, and my anxiety would rise. When I appeared to be getting too nervous they would remind me how safe and experienced Rick was, calming me somewhat. Keeping novice Molly on an emotional roller coaster had become community sport. What fun!

Finally the day came for my escapade to begin. During an uneventful flight, the mundane felt tinged with unreality. I felt like a little kid with a secret, bursting, but not daring to share my thoughts with the passenger in the next seat. He was a soldier returning from a tour of duty in Germany. What would he think if I told him that I was flying five hundred miles from home to surrender myself for sexual torture to a man I barely knew? What should I be thinking of myself? Was I crazy or would this turn out to be a wonderful adventure? My imagination was going berserk.

The seemingly innocent information, suggestions and instructions Rick so subtly planted in my mind during our conversations were hammering away at all my sexual buttons. Every time I shifted in my seat I was reminded of my nakedness beneath my skirt. Luckily, the plane didn't crash: I'm sure my seat was far too saturated to function effectively as a flotation device.

Rick was waiting for me at the airport. I wasn't sure how to behave and carefully watched him for clues. He carried my bag for me. The reason I was told not to walk in front of him became clear as he opened doors for me. He was a gentleman, how charming! We made small talk during the ride to his apartment and he showed me his city. I was beginning to relax, he seemed like such a nice, normal guy.

The tour of Rick's apartment set my nerves back on edge. I was ill-prepared to see evidence of his proclivities displayed so openly. The den could have been filled with priceless antiques, but my mind only logged a padded sawhorse with eyebolts near the bottoms of the legs. It was identical to the whipping bench used at The Vault. Finding eyebolts in the ceiling of his bedroom and a massive chain running beneath the waterbed wrenched my nerves several notches tighter. By the time he showed me a closet lined with hooks dripping with whips, paddles, and the dreaded canes, I was ready to rabbit out of there. But, in retrospect, I don't think tear gas would have induced me to leave. My dream was coming true.

Rick casually ordered me to take off my clothes and to put on my collar, as if it was the most ordinary thing in the world. It did not feel so ordinary to me. My pulse raced. He sat me on his bed and we talked.

Rick said he was tempted to begin playing with me in the car, but had checked himself, deciding it was better to give me his final instructions when I was "properly dressed" in private. He gave me two safe words. Uttering my full name would stop a session and "umbrella" would slow things down. He ordered me not to allow myself to orgasm without permission. He told me to say, "thank you Master," if something felt good and, "edge," if I felt close to having an orgasm. When we were alone I could speak freely about things I did or didn't want to do try. In public I should respond to an instruction by saying, "If it pleases you, Master," for things that sounded fun to me. If I was uncomfortable with a command I should say, "Only if it pleases you, Master."

Finished with his instructions, Rick blindfolded me and placed suspension cuffs on my wrists. He attached the cuffs to chains that ran through the eyebolts in the ceiling and pulled them until my arms were over my head with my feet still flat on the floor. I was comfortable, but securely fastened and quite vulnerable. Every bondage that Master Rick put me in that weekend was secure, but comfortable.

He rubbed oil on my back, bottom, and thighs. It was sensual and arousing. He begin whipping with a very light deerskin whip. It felt like an odd massage; there was no pain at all. At some point he put something tight on my nipples. The left one felt good, but the right one must have been tighter because it hurt and I made a face (though I said nothing). Rick noticed my discomfort immediately and he loosened it. I don't remember when he took them off. I almost wished he hadn't, but I had said nothing to let him know I liked them.

The strokes of his whip slowly became harder. He changed to a heavier whip. It felt wonderful, nothing like anything I had imagined whipping would feel. Rick made a funny noise with something which startled me. It sounded like a knife being sharpened, a scary sound considering my helplessness. Rick knew the effect the of sound and after pausing to enjoy my reaction, he assured me that it was not what I thought it was.

I felt something less stingy and bouncier than a whip. Later I learned that these were fiber glass rods and the sound came when he rubbed them together. Next, I was gently paddled. All this attention was really turning me on, everything felt so good. He moved from one thing to another very smoothly.

Finally, Rick unfastened me from the ceiling and bent me over the bed-frame for more whipping. When he slithered a silky whip gently down my back, past the cleft of my bottom, and over my thighs, I was done in.

"Edge," I barely managed to whisper.

Rick quietly asked me if I wanted to come as a refined host might offer tea to a guest. I heard myself respond, "Yes, thank you Master," matching his tone, as though I were saying, "Oh, tea sounds like such a splendid idea." No one had ever asked me if I wanted to come before. It was like being part of a surrealist play, requesting an orgasm with such dignified, detached decorum. Without another word, Rick caressed my labia and clit, pushing me into the first orgasm of the night.

When I recovered, my cuffs were changed and I was told to lie in the middle of the bed. My wrists and ankles were stretched wide and chained. The excess links were draped over my arms, feeling cool against my now very warm skin. He used various whips on me for a little while. Finally, he freed my legs and took me. He said I belonged to him now that he had taken me. These words, and the whole scene Master Rick was unfolding for me, fit my fantasies like a pair of fine, kidskin gloves. I wanted nothing more at that moment than to be owned by this incredible man.



As the evening progressed, I was repeatedly brought to the edge of orgasm. Master Rick kept me on that verge for long periods of time before permitting me several very intense multiple orgasms. And when I came...wow! It seemed unbelievable that he was able to keep them going so long. I felt past the point of being coherent. Things were foggy. I was totally disoriented and making sobbing noises.

Somewhere in all this, while chained to the bed, after numerous multiple orgasms, I took off. I saw myself high atop a mountain, and the thought occurred to me that it was like a scene with Mickey Mouse in *The Sorcerer's Apprentice*, watching the stars, comets, and planets zoom past me. Then I felt as if I was rocketing through the galaxy. In my ecstatic journey I became only dimly aware of my surroundings and the things happening to my body. Always though, I could feel the presence of my dominant surrounding and protecting me. I came down slowly, aware that I was no longer chained and I fell asleep, held snugly in my master's arms.



Over the next two days I experienced whips, paddles, crops, hot wax, ice, clips and vibrators. I received not a single bruise and rarely experienced anything that I could really call pain. I went off into flight four more times, sometimes a gradual rise, other times like a rocket. Even had I not flown, it would have been the best and most intense sex I had ever experienced.

It was several days after I returned home before the smile left my face and my feet touched *terra firma*. I am now a believer. Thank you Master Rick, and please accept my apologies for having doubted you.

Endorphin highs and other vacation spots

Another altered state sensation experienced by bottoms we call the "endorphin high." We use the term "bottoms" here instead of submissives because achieving an endorphin high is a physical process with an emotional result and does not rely upon dominance and submission. Unlike flying, an endorphin high is a sensation of intoxication. There is no sense of being "out-of-body" or of transcendence. A person experiencing an endorphin high experiences pain as a subjective reality, even as he or she are able to endure more of it. Endorphin highs are more common in SM than flying. While

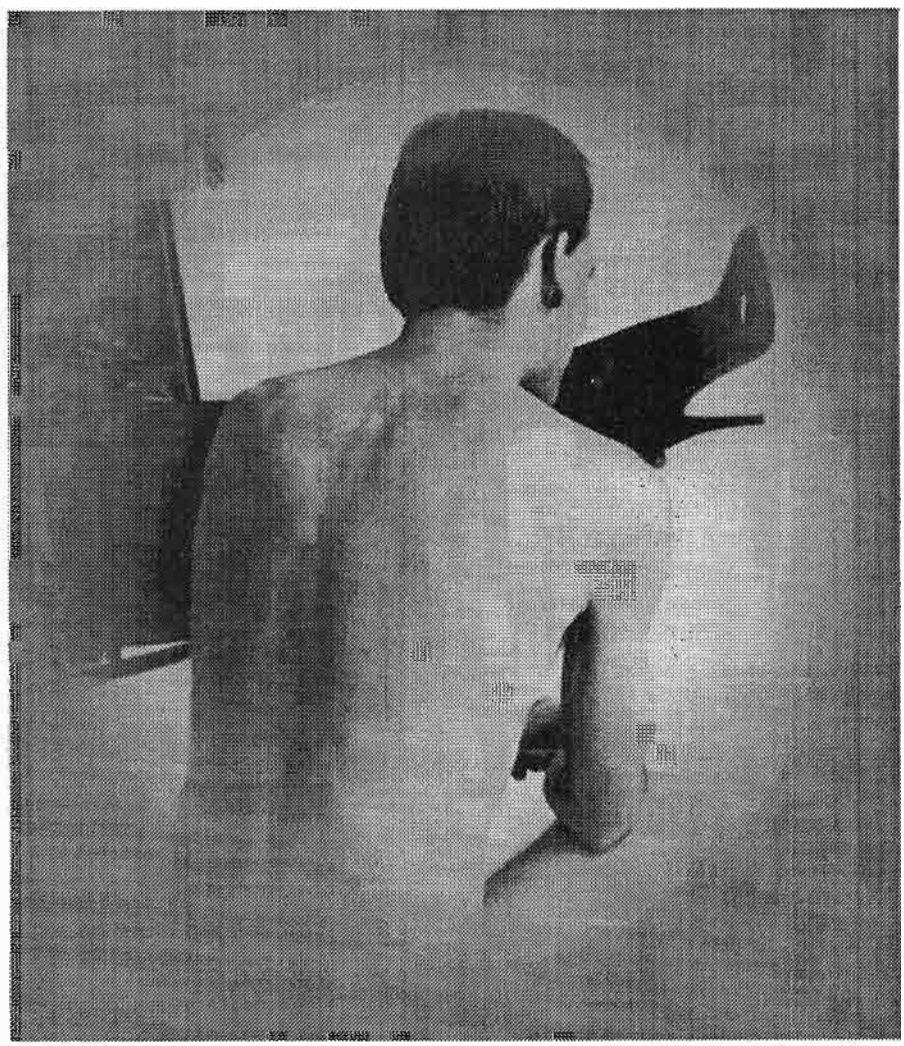
we conjecture that the journey into bliss we call flying is tied to endorphins and similar pain-reducing chemicals manufactured by the body, clearly, there are other factors at work, as well.

We'd like to make an important observation here. We have found that starting with heavy pain instead of a gradual, erotic build-up forces the endophins, a body defense mechanism, to kick in too early. Flying cannot happen. Sexual response is often also diminished (if not demolished) by the early endorphin high, making orgasm more difficult or impossible to achieve.

Many submissives are content with this, but an endorphin high that cuts off orgasm is a bummer. Rather than the chemical rush induced by one's own body, many people enjoy the whacking, smacking, and torture because of the intensity of the orgasms produced. (Yes, Virginia, people do have orgasms just from being flogged.)

Probably the most common use of pain is by the folks who use the mild spanking or whipping as foreplay. Here, pain is simply used to initiate and enhance sexual tension. These whipping scenes are followed by sex. (An orchid, dinner, and a movie just aren't enough for some people.)

The two relatively minor highs described in the last two paragraphs are modalities of using pain for its intrinsic erotic properties. Before we launch into a discussion of painful loving and loving pain, let us revisit a segment of the players in the game.



from a photo by Jerry

Reprise; tops, bottoms, and switches

Democracy means simply the bludgeoning of the people by the people for the people.
Oscar Wilde

Using pain for only sensual or sexual purposes does not rely on dominance and submission. The purely physical stuff, the whipping, smacking, pinching, slapping, etc., has an attraction all its own.

The scene term for the receiver is "bottom" and the one who dishes out the delights is the "top." You might hear dominant and submissive being used interchangeably with top and bottom, but the former terms imply something more about the relationship than whipper and whippee. Tops and bottoms frequently swap roles because they enjoy both sides. People who do this are called switches, but a switch can also refer to person who enjoys both dominant and submissive roles.

"Ouch... Mmmmmmmmmmmm!"

There are four modalities for experiencing pain as pleasure.

"Total conversion" or the "ouchless ouch" is a technique wherein there is no subjective experience of pain. A scene employing total conversion might begin with soft caresses, erotic touching, and sexual teasing, moving up to soft strokes with a light, deer- or lambskin whip. The bottom experiences the light whip as an erotic massage. Heavier strokes and harsher implements are incorporated very gradually as sexual arousal increases.

The top maintains the level of the pain stimulation in sync with and slightly below the level of sexual stimulation, so that the bottom never becomes aware of feeling pain. Frequently, the top pauses to fondle and caress the bottom to fuel her arousal. The strokes become a tease as the bottom wants more, so that she is always hungering for greater stimulation than her top allows her, building the fire steadily toward orgasm. The experience is one of total pleasure and eroticism.

"Contrapolar stimulation" is mixed pleasure and pain that also uses a gradual buildup, but starts at a slightly harsher level. Molly likes to think of it as, "Hurts so good!" The bottom experiences some pain, but only enough to enhance the rise of sexual tension. Pain and the pleasure meld as the session intensifies. The balance here is tenuous, with some stimulation feeling like pleasure and other stimulation more like hurt. This works as long as the overall feeling is sexual. This is also partially dependent on conditioning and expectation.

"Derivative pleasure" is a love it/hate it kind of thing. A deliberately painful beating can end up feeling wonderful. This is a sport for experienced players. There are two categories of derivative pleasure: contiguously derived pleasure and delayed derived pleasure.

Contiguously derived pleasure is a warmth that radiates as the body seems to absorb the shock after a lick from a whip, paddle, slapper, cane, riding crop, etc. The stroke itself is experienced as pain (but pain that is easily endurable). The pain subsides rather quickly and the warmth radiates away from the area of the skin that was hit.

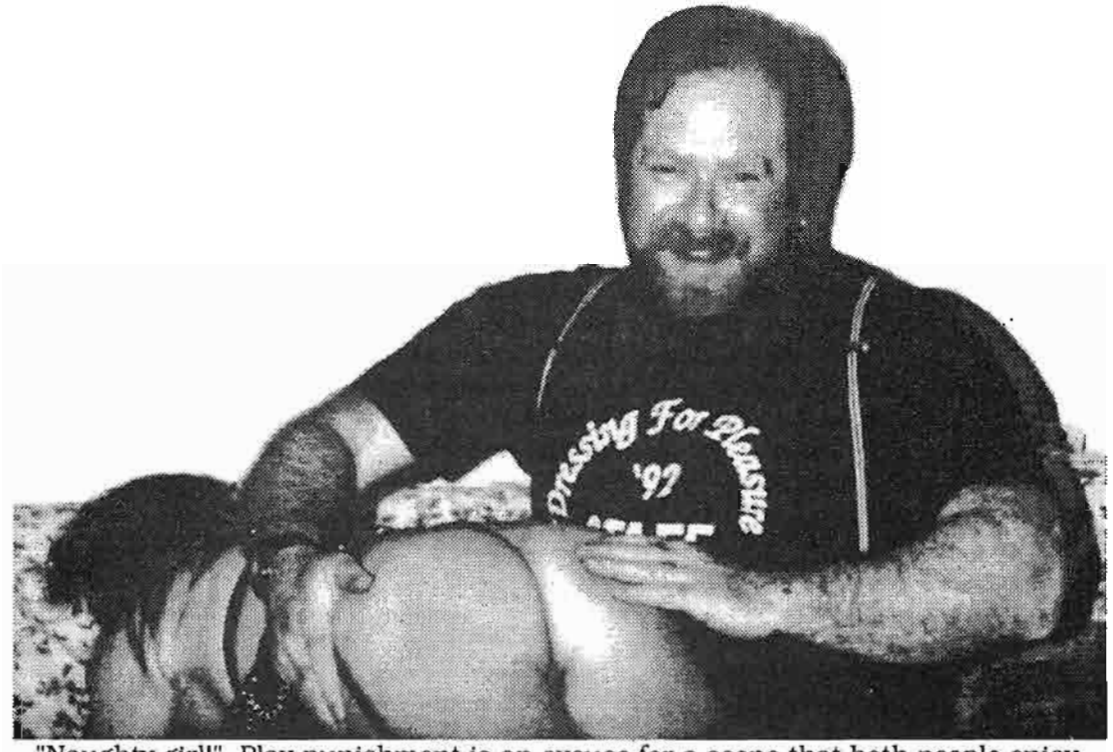
Tops carefully avoid inflicting too much pain as that would cut off any sexual response at all. Bottoms endure the pain because it is followed by warm, sensual feelings. You develop a rhythm of ouch...ahhhhh, ouch...ahhhhh, ouch...ahhhhh. This is an acquired taste, it isn't advisable for novices. We were going to use the old joke, "Don't try this at home..." but where the hell else are you going to try it without getting busted?

Delayed derivative pleasure is hardly sensual at all during the actual beating. Delayed derived pleasure is much more difficult to achieve. It relies heavily upon a well-

developed connection between the players and the bottom's conditioning to pain. Most commonly, the players are involved in a dom/sub relationship that tends to strengthen their bond. The sexual heat from delayed derived pleasure comes sometime after the beating, from five to thirty minutes or so. The pain administered accumulates and metamorphasizes into an explosion of sexual heat and desire. After administering a beating, the dominant can relax, have a drink, and wait to be sexually assaulted by his partner.

Corporal scenes often incorporate all three types of pain. Some people are content to stick to total conversion and some find they enjoy a bit more stimulation. Blending modalities is a common practice. Typically, scenes mix contrapolar and derivative pain building to a state of total conversion. In a state of total conversion, a bottom can be given a full force cane stroke and be unaware that it ever occurred.

"Punitive pain" is the fourth modality of pain experience in SM. We are hesitant to mention this because it is so easily abused. Some submissives receive emotional satisfaction from enduring pain that is never intended to provide physical pleasure.



"Naughty girl!" Play punishment is an excuse for a scene that both people enjoy.

This is not to be confused with play punishment. Play punishment scenes use punishment for an excuse for a sensual encounter. This can be an enjoyable game and part of the fantasy. Punitive pain is meant to hurt with no erotic purpose. We believe that most of the goals stated for this type of pain giving are accomplished better by other means. There are destructive elements in the practice itself.

Some bottoms justify their desire for punitive pain as a need for catharsis or expiation of guilt. Frequently, the tops in these situations say that they are merely giving what is desired. True help for this person would be to encourage self-love and self-forgiveness, allowing catharsis to occur naturally as a result of increasing self-esteem.

Macho submissives may wish to endure heavy pain as proof of their devotion and submissiveness. Since we can think of hundreds of ways to show devotion better than the accepting of gratuitous violence, we are sure any dom could suggest a few to his sweety.

Another reason given for administering punitive pain is that obedience requires punishment. This rationale belies a misunderstanding of the nature of consensual submission. Submissives have an intense desire to please their dominants. The harshest penalty for not obeying is disapproval. Here again, dominance can quickly turn to abuse.

"If both parties want it, where is the harm?" is the final argument. Harm is possible. If punitive pain is frequent, it can undermine the consensual element of the relationship by inducing fear of the dominant. This can erode trust. The fear can inhibit the conditioning process where pain converts to pleasure. Lastly, it places on the dominant the responsibility to be the finally arbitrator of good and bad. The submissive has been reduced to a child rather than an equal adult partner.

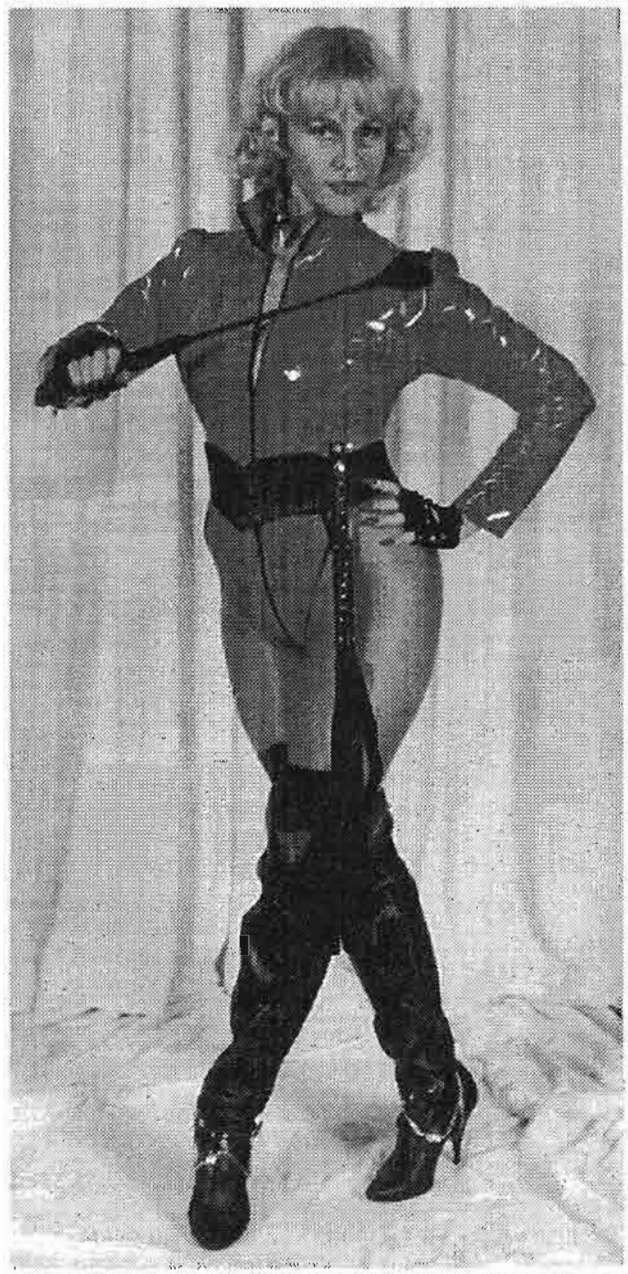


Photo from Dressing For Pleasure Fashion Show, courtesy of Dressing For Pleasure of Upper Montclair, NJ

Though harm is possible by frequent use of punitive pain, it is far from being the rule. It isn't the way we like to play, but many have told us something like, "Yes, I understand the difference between abuse and role playing, but I really like being punished for misbehaving, for being a naughty girl, for neglecting my duties, or for behaving in a manner unseemly for a slave (or wife, husband, butler, maid, prisoner, pet, etc.)."

A lot of people really enjoy these fantasies. The humiliation of an over-the-knee, bare-bottomed, being-reminded-of-one's-place spanking is a real turn-on for them. It is very Victorian, which is a wonderful treasure-house of fantasy. To these folks we bow humbly and recant all of the above arguments. We really don't want to tell you what to do, we just want to help keep relationships off the rocks and brains from being dashed on them.

As long as there is some space provided for stepping out of role, you'll be fine. If the submissive gives herself permission to grow and does not lose sight of herself as a valuable, independent person, role play isn't going to be damaging. Honest communication is the key to staying out of trouble.

12 Making the Upper Cheeks Red

Embarrassment, Humiliation, and the Mindfuck



olly's Diary: Being given away.

A desire submissives often express is being "given away" or lent to another dominant for his sexual pleasure. It is a fantasy about ownership, giving up control, surprise, and adventure. It is a fantasy I had expressed as a request to Philip, my master.

Acting out a fantasy seldom ends up quite like the day-dream. We think we know ourselves, especially those of us with a bent for introspection, but SM has a way of revealing feelings within us which we have long denied. Psychological buttons can be pushed before we even know they exist.

When the evening began, I was both nervous and excited. Six of us were gathered in Philip's apartment that night: Philip; Vicky, Philip's other more experienced submissive; Master David, a very experienced dominant and a friend; and Elizabeth and Steve, a young couple beginning to explore SM.

Several days before, we did a scene with Elizabeth and Steve that pushed me pretty far. Philip had instructed me to kneel in front of Steve, and though I barely knew him, to play with Steve's cock. I found myself more anxious than I had anticipated.

No one else was engaged in sexual play and I was the center of attention. It was embarrassing. It was humiliation of the type I find exciting. I wanted to go further, to be even more sexual, but it also frightened me. If just touching a penis in public made me so nervous, what would more do? It was like touching a sore tooth with your tongue: it hurts, but you can't keep yourself from doing it.

Philip knew that Elizabeth and Steve wanted a scene where I, as slave, was ordered to serve Steve sexually and he knew this would dovetail beautifully with some of my fantasies, too. These were the kind of fantasies that used to make me giggle when Philip verbalized them.

I had been requesting a publicly sexual scene since the beginning of my relationship with Philip. The scene where I was ordered to play with Steve's cock was Philip's way of testing the waters.

Master David's presence made this evening more difficult for me. He was someone I knew, liked, and respected; someone with whom I would continue to have contact. I didn't know his feelings on this type of behavior. If he saw me act like a slut, would that change his opinion of me? I didn't worry as much about Steve and Elizabeth. They would be moving out of state and I might never see them again.

Nonetheless, I complied with Philip's order to undress while five fully clothed people watched me. I was at center stage once again. I was put into bondage on a large sofa cushion. The bondage device used was a small cross I had constructed from PVC pipe. Chains running through the pipes were attached to my wrist and ankle cuffs and a short chain near the center of the cross was clipped to my collar. The bondage forced me to my hands and knees with my legs spread wide and my tail raised like a pro-montory point. In this utterly vulnerable position, my genitalia were shockingly exposed.

Philip and Steve dragged the cushion I was perched on into the center of the room while they casually discussed my position. It was all very humiliating and I could feel myself falling into a deeply submissive state of mind.

Philip announced that he had a new butt plug, small and of soft vinyl that he would use on me. This was a shock. Sexual things are embarrassing to me, but anything anal feels ten times more private and intimate. It wasn't long before that I thought anal sex was disgusting and perverted. Part of me still thinks so, even though I love the way it feels. The idea of have an object inserted in my nether regions, in front of all these people, was horrifying. God, was I wet.

I had been publicly whipped in the nude a dozen times, but this was an entirely new level of intimidation. I was incredibly disturbed by the thought of David sitting behind me. Embarrassed as I was, the scene was becoming intense.

It became almost too much when Vicky said, "relax your muscles for my master, dear." (So that the plug could enter.) Humiliation from master was fun, but coming from another woman, it felt degrading. I tried to block her voice. It was a discordant note in an otherwise sweet symphony. Philip slipped the well-lubricated plug inside me and tied it in place with ropes going around my waist and through my crotch. The ropes were a further advertisement of my shame.

Master David could not stay. Upon offering his apologies and bidding the others farewell, he tossed me the standard, bound submissive joke, "Goodbye Molly, don't bother to get up." As he walked by me to reach the door, I didn't raise my eyes. I wasn't sure if I could ever look him in the face again.

Philip and Steve began whipping me in unison. The flogging fell like a gentle rain of leather on my back and rear. Emotions so overwhelmed me that I had little body awareness. Events around me became distant. Only the connection to my master seemed to strengthen as his will became my sole significant reality.

Philip unbound me and helped me to stand. My legs were made of rubber and hard to control. In a soft, but firm voice he told me to go upstairs and serve Master Steve. At this instant, I was hit with a psychological shock. I wasn't nervous, I was absolutely terrified. I was cold, dizzy, and I felt a wave of nausea sweep over me. I was frightened to go from him and break the bond.

While I was upstairs, Philip would not be there. He would not be close at hand, directing others to do things to me. During our other public scenes it felt as if other people were merely his instruments, while all that happened to me still came from him. This time, I was actually being given away, delivered into the hands of a relative stranger.

A curious thing happened, something unforeseen in all the hours I spent in reverie with this fantasy. I became aware of a conflict within me. Thoughts, almost like voices, reminded me of serious relationships ending because I had been unfaithful.

It is said that your life flashes before your eyes while dying. In this instant I had a taste of this. Many years before, a man who had been my friend, confidant, and finally my beau, had stopped just short of bedding me. He became as cold as ice to me when I took a lover, even though he had suggested it. Another man, who took my virginity and left me pregnant, broke off with me when I saw someone else, though he agreed to it in advance. My last serious, passionate relationship (until my late thirties) had ended the same way.

Two voices were warring in my head. The older one said that to go upstairs with Steve would be acting the slut and would change my relationship with Philip forever. Another voice, a stronger one, said to trust and obey.

I felt so deeply submissive I could barely talk. It was impossible to look at Philip's face, it felt like attempting to look directly into a desert sun. I knew Philip's faith in me was as deep as my confidence in him. If I said, "I can't," he would accept that.

Philip was, and is, secure enough in his dominance to demand knowing surrender rather than accept blind obedience. His priorities are never confused by the needs of his ego. He is vigilant and would not hesitate to end a scene if he saw any risk of damage, physical or mental. He trusts his subs to tell him if there is a problem he does not see.

This master of my heart, my lover, and my best friend accepts only acts consented to in a positive spirit. There were no petty penalties for disobedience and no punishments to fear. That made the choice to obey a difficult order more profound. Obedience had to be totally motivated out of a desire to yield to his will.

"Do you really want me to do this?" I managed to get out the question in a soft, squeaky and almost trembling voice.

Philip hesitated for a moment, then answered, "Yes, I do." He took me in his arms, hugged me tightly and said softly, "I love you."

That affirmation was all I needed. I went upstairs, out of his sight, resigned to whatever would be. I couldn't think anymore. The sex upstairs with Steve was strangely non-sexual, though I did orgasm. My mind set was so submissive, it was as if my body belonged to another person. I felt like a puppet, without a will.

My mind is almost blank on what happened after the scene, except that nothing changed and I still had Philip's love. Later that night, or early the next morning, he made love to me, which I wanted very badly. It erased any lingering questions and made me feel totally his again.

A few days later we discussed the session. We habitually did that when significant conflicts or emotions were involved. The intensity of my reaction that had followed the order to go with Steve had surprised him. My face had gone so ashen that he had prepared himself to catch me should I faint. He admitted that having me go out of his sight was difficult for him as well. It was an emotional push for us both.

Outsiders cloak SM within a shroud of mystique and horror. It feels impossible to explain to them why we love it so. Whips and chains are downright scary to look at! When we say, "Hey, it isn't what it looks like, folks," we get nothing but blank stares. So, we tell them, "Look, bondage allows the bondee to set herself free inside her head and whipping acts as a sexual stimulus when done with love and intense concentration to the submissive's responses."

"Uh, yeah, sure."

"It does, honest!"

"Right, um, I gotta go. Bye! Nice welts, thanks for sharing."

As difficult as the physical dimensions of SM are to understand, the emotional elements are a lot more confusing. Here, that the paradoxical nature of SM blooms full. By now, you should have a rather good idea of how bondage, corporal punishment, and kinky sex act as a turn-on. It takes a greater cognitive leap to understand how verbal abuse, embarrassment, humiliation, or being owned can become vehicles for advanced sexuality, even promoting emotional growth.

In the story above, the dominant takes a fantasy requested by the submissive and uses it to push her into a very deep state of submission. "I felt so deeply submissive I could barely talk. It was impossible to look at Philip's face..." This trance-like state carries various names; "sinking into submission," "entering sub space," and "entering bottom space" are the most common.

Molly requests a fantasy that she thinks will emphasize the elements in SM she enjoys the most. "It is a fantasy about ownership, giving up control, surprise, and adventure." While her dominant is in the business of fantasy realization and is happy to grant her this, Philip is not one to follow a script. He uses her desires as an opportunity to give her a deeper push than she expects.

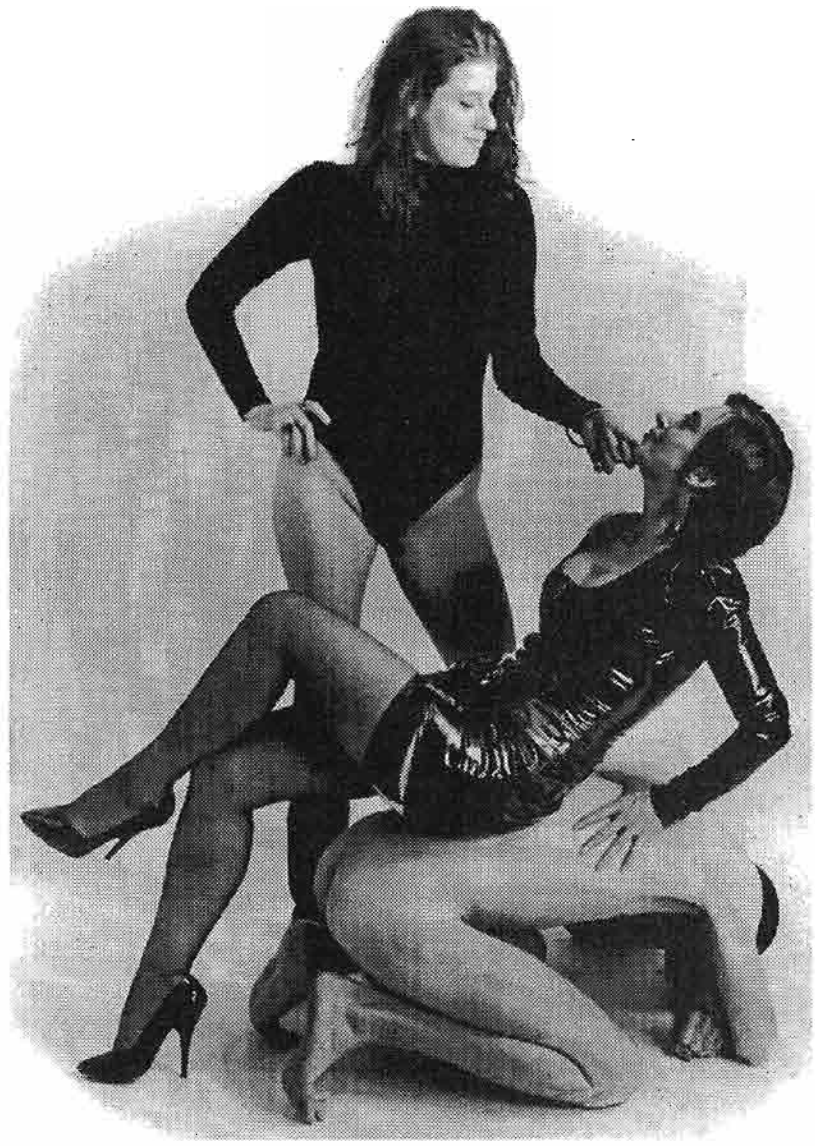
She feels the ownership she craves when he treats her as if she were property, loaning her for use to another man. Loss of control is complete. Philip has always controlled the action, but he is the partner she has selected to be involved with in a relationship. Now, even the choice of partner is removed. She is taken on an adventure, a journey whose destination is only partly revealed to her.

Still, her dom controls the situation. This is more complicated in a scenario that involves several others. He has made sure that the other people involved in the scene have complementary goals. When others are involved in your scenes, it is important to realize that they will have a significant effect on your scene. You will be affecting them as well. A dom in charge of a group scene is responsible for and to everyone involved.

Intensity of emotion is the primary goal for the scene. Sex plays a subordinate role in what might seem to an outsider a basically sexual situation. Actually it is the submissive's conflicts about her sexuality that are explored. Humiliation is used as a vehicle to achieve this. Molly has residual negative feelings about her sexuality that Philip wants to help her overcome. He is giving her a safe situation in which to resolve, or at least confront, these conflicts. Molly's fantasy is, in her terms, "acting the slut." She revels in the fantasy and is afraid of it at the same time.

Each of the humiliations Molly endures centers around this basic conflict with her sexuality. Never does the humiliation Philip puts her through attack her worth as a person. Philip leads Molly, step by step, into more and more emotionally compromising positions.

First, she is made the only nude person in the room. She becomes a sex object as she is bound in a provocative position and dragged into the center of the room. She is being discussed as if she were a toy. Philip knows her well and proceeds to employ her disquiet about anal activities which propels Molly's humiliation to a much higher level.



Humiliation, like beauty, is in the mind of the beholder. Being treated as an object, a pet, a toy (as in the story) or a piece of furniture (as in the photo by Jerry on the right) may feel like either a degrading experience or a hot and sexy giving of control depending on the people involved.

This is a critical moment in their scene. Molly is already entering a submissive state of mind. Philip watches very carefully. Using the anal plug is the push that will either sink Molly deep into her sub space or become too much for her to bear. Until this point, the acts of humiliation have been things Molly was familiar with. Being nude in front of friends was no big deal, but being the only unclothed person in the group was a little unnerving. A small push. Being put in such a revealing position was another gentle nudge, again, nothing entirely unfamiliar to her. These things were embarrassing, but only mildly so. Philip was fairly certain how she would react to being publicly "plugged", but they had never tried it before.

By announcing the purchase of a new anal plug Philip gives Molly the opportunity to opt out of the scene and use her safe word. Molly's shock was half of what Philip was hoping for. Her eyes flew open and her head came off the floor to look for Philip. He met her eyes and held them. She knew well that Philip didn't make empty threats. His announcement was proof that he was willing to go through with the plugging. It was time for Molly to decide her fate. She closed her eyes and let her head lower to the cushions.

It is this submissive response that Philip was looking for before allowing the scene to proceed. "Only the connection to my master seemed to strengthen as his will became my sole significant reality." As he gently inserted the anal plug Philip knew Molly was falling deeply into submission.

Her conflicts about how others might view her was another issue being confronted. She still worried about what Master David would think of her. If she were in a clearer frame of mind she would have realized that Philip had taken care to allow the presence of those who would understand and accept the actions taking place. Unknown to Molly, Philip was checking the reactions of everyone in the room. Had the plugging been too much for anyone in the group, Philip would have abandoned it and proceeded in a lighter vein.

"It became almost too much when Vicky said, 'Relax your [sphincter] muscles for my master, dear.' Humiliation from master was fun, but coming from another woman it felt degrading." Even with scrupulous planning, the unexpected often happens in a scene. Philip was not aware of Molly's discomfort at Vicky's remark. Molly said nothing, nor made any outward sign. Yet, this is just the sort of thing that can interfere with the submissive's enjoyment of the scene. Scenes can turn sour in an instant. Dominants must constantly be aware of their subs' reactions.

Philip also didn't realize the impact of Master David's participation on Molly until they discussed the scene afterward. A grimace, trembling, and crying are all signs that something may be going badly. It is not a sign of weakness to check with a submissive if these, or other signs of distress are presented by a submissive. Rubbing her shoulder and quietly asking if she is okay will not spoil the scene. Reassurance that her dominant is watching out for her may be all that she needs to hear.

If the warning signs persist, it is best to stop the scene, release the submissive, and hold her to give her time to recover in a loving atmosphere. If others in the group object, it is the dominant's responsibility to stop them in their tracks and insist that they either assume a supportive attitude, or leave. Scenes rarely get out of hand, but it only takes one to do a great deal of harm.

Molly was only vaguely aware of the subsequent whipping, but it was not insignificant. Steve was being instructed by Philip and he was handling the whip beautifully. The whipping slowly increased to a very heavy level. Molly came several times during her beating. But the heaviest blow was yet to fall and it would not be a leather lash that found its mark.

Everyone has sexual fantasies that we really do not want to come true. We may fantasize about being raped or committing rape, thought the reality is a horrible act of

violence in which we'd never take part. Many fantasies are best left to the imagination. Yet, sometimes, one of them just gnaws at us.

It might be something that is dangerous, like being kidnaped and sexually abused by a group of strangers. This is something that can actually being arranged for by a partner without serious physical risk, but the emotional risk is an unknown factor. Scenes that are designed to push us up to and/or beyond our known limits are called "edge play".

For Molly, being given to someone as a sex-slave was edge play. The limit she wanted pushed by the scene was her inhibitions about being a slut. The fact that Molly and Philip discussed and agreed to pursue the fantasy made it no less devastating. As it turned out, she learned more about her limits than either she or Philip had anticipated.

Edge play scenes do not always pan out as well as Molly and Philip's. Before attempting such a scene discuss forgiveness. Agree that you are attempting the scene as an experiment without a known outcome. Then, after the scene, when you have had a chance to cool down, agree that you will talk about what happened and how it made each of you feel. You can save a lot of heartache with this simple understanding.



Politically incorrect but emotionally valid

Take one very large pot. Toss into this vessel feelings of inferiority, missed opportunities, memories of failure, and unresolved struggles with sexuality. Add to the mix conflicts about body, gender, authority, and religion. Season well with rejection, doubt, hurt, shame, guilt, and fear. Is there anyone who has not tasted at least a little of this bitter witch's brew?

Reality inevitably clashes with society's ideals resulting in emotional, even occasional physical scars, but most often the damage is barely perceptible. We didn't invent society's attitudes, but we do reflect them. All the emotional baggage that we carry with us from our youth isn't safely tucked away in some neat little mental corner. Nope, it is lying all over the brain waiting to trip-up the unaware.

Sadomasochists turn this negative energy upside-down and transform it into a cosmic implosion of sexual energy, shielding ourselves with trust and love. Most people survive their emotional turmoil by resolving what they can and repressing or denying the rest. We SMers are made of sturdier stuff. We give our demons free rein in the dungeon, play with them there. We expose our demons for what they are and get to know them as pieces of who we have become. In time, some of them go poof and are gone forever. Some of them we just learn to accept with a new understanding.

Playing with emotions, especially negative ones, is every bit as dangerous as cracking a bullwhip and the safe spots to hit aren't as well mapped out. This is territory to venture into slowly.

For example, anxiety can be debilitating. Pharmaceutical companies make a fortune helping people cope with it. But, anxiety can also be delicious. The anxiety one experiences when riding a roller coaster or when seeing a horror movie is fun, because in the back of the brain remains an awareness that the danger is illusion. Think of the anxiety-turned-to-thrill that is experienced while climbing, repelling, or bungee jumping when one is pushing himself to meet new challenges.

Consider the situation a submissive puts herself into, imploring an admitted sadist to bind and use her as he will. It is certainly something to make the adrenaline flow fairly freely. This anxiety is sought. Trust keeps the anxiety fun, and the mind-numbing fear at bay. Master will control, challenge, tease, and torture, but never harm. Ultimately, the rewards of the trust will likely be intense levels of pleasure.

Still, bondage is a basically a physical situation with an emotional component. There are other forms of submission with little or no physical helplessness. Bondage rather enforces the issue of submission.

Interesting levels of anxiety can be reached when a Dom requires a sub to do something embarrassing or that challenges her inhibitions. The emotional desire of a submissive to obey impels compliance.

Some dominants know how to throw a submissive into a state of mental confusion by demanding an answer to an embarrassing, paradoxical, or confusing question, so that the sub doesn't know what to say. This is an unique style of teasing.

Often submissives experience a phenomenon known as "brain-fade," characterized by a progression from blushing, to nervous giggles, to stuttering. Submissives who enjoy this are looking for a type of control that makes them feel helpless and childlike. Taking a sub's own words and twisting them so it sounds as if the sub has been inappropriately critical is a favorite technique for achieving this. Another is requiring a sub who is embarrassed to ask for sexual acts, bondage, or what have you, to beg for it. A skilled dominant can achieve a situation where the sub is so confused that she will be begging without remembering the object of her request.

Most mind play in SM falls into the category of teasing and embarrassment. Much of it involves identifying, then dredging up or reintroducing a submissive to her own

internal conflicts. We didn't invent the conflicts, but we can seldom pass up an opportunity for creative mischief. Surprisingly often, the conflicts are resolved as the victim grows.

Verbal abuse

Verbal abuse during sexual play is so common that people are often stunned to learn it is really a type of humiliation. People called "punkin'," "sweety," or "honeybunch" in less intimate moments are now "bitch," "slut," or "whore" or some similarly sexually derogative term when the sexual steam is turned up. This is the child in us. Sex is naughty and naughty is fun. If we had grown up unconfused about sex being good, right, and healthy, these words might be meaningless sounds.

As usual, SMers take this to extremes. We demand a sub to spell out in great detail exactly how naughty she is. Forcing an otherwise demure lass to list in exceptional detail each of the horribly disgusting kinks she enjoys can create a monologue that would do a marine proud. This verbal sewerage makes some ladies hotter than leather car seats in Death Valley. In others, it barely evokes a yawn.

Words can hurt. The sting of the cane is nothing to the pain that can be felt if words are taken the wrong way. A few women have enough real discomfort with sexual innuendo that rather than a turn-on, it will be a decided turn-off. Your partner may bulk at being called a slut, but be thrilled to be "my slut." The possessive can make a world of difference. Most of all it may be injurious if your utterances make her feel put-down or degraded. Once again, know thine submissive!

Aside from the immediate heat generated by nasty, naughty, name-calling, there is a desensitizing aspect. We in the scene tend to bandy these words about rather freely. It is partly a childish joy in the perverse. Consider for a moment the implications of these words. Most are words that imply that a women who enjoys sex is bad. Therein lies their power to hurt.

Lenny Bruce used to have a routine in his act. He'd say, "nigger, nigger, nigger," repeating it over and over again to the stunned look of his audience. As he'd repeat the word he would explain that he intended to repeat this word until it became a meaningless sound. He intended to repeat the word until it would "lose the power to hurt a little black child."

"Slut," "bitch," "whore," "nympho," and "tramp;" wouldn't it be nice to use them so often that they lose the power to hurt? Better yet, shouldn't we redefine the words in such a way that they become praise? Women should have pride in the enjoyment of their bodies. Can women stand up and say, "Hell, yes. I'm a sensual woman, a sexual being and I'm proud of it?" (Molly, a bit abashed at the stridency of her tone, climbs down off her soapbox.)

We declare, from this day forward, these words to be compliments. We will define "slut" as a person who enjoys his or her sexuality. A "bitch" shall be a woman who takes control of her own destiny. A "whore" shall be a woman so desired that men will give much to be with her. Call m'lady "nympho" if she demonstrates a healthy sexual appetite, and a "tramp" is merely a very giving person, one who know how to share. It does kind of diminish the naughty fun, though.

Humiliation

Humiliation is typically is no more than embarrassment. The paradox of humiliation in SM is that it builds the individual up rather than tearing him or her down. It frequently involves taking inhibitions and turning them topsy-turvy.

There is a subtle element of humiliation throughout the practice of SM. You are compelling a girl to partake in ridiculous, but naughty ceremonies that make her feel belittled by her own compliance, yet, oddly, she'll feel stimulated by it. It is the compliance that does it.

Your lass may feel silly standing still to let you tie her up. She might feel like it is a childish game. She'll feel embarrassed being naked in front of you while you're dressed. It is a very one-sided issue. You're in command, she's the willing servant.

When you redress your lady for misbehavior it is from a position of authority. It may be like a parent to a child, like a teacher to a pupil, like a jailer to an inmate, or a kidnaper to hostage, the possibilities of authority figure to subject are endless. Within this structure your partner defers to your sovereignty.



Together they create a legend that elevates a dominant to a position of nobility. (Photo courtesy of Dressing For Pleasure of Upper Montclair, NJ)

When the dom accepts the surrender of the submissive they together create a legend that elevates a dominant to a position of nobility. Honoring this conferred rank by kneeling, wearing a leash, foot-kissing or other seemingly abasing acts may actually engender pride in the sub. The dom becomes lord by his submissive's empowerment and she takes reflected glory in the exercise of his dominion over her.

Humiliation is assertion of power. She has offered you control over her in some way, and you have accepted the responsibility for making that work. She finds yielding of control to be erotic or she would not do it. Can you humiliate her and compliment her at the same time? Can you make her feel humble without degrading her? You want to bolster, not demean, her femininity.

Humble her for her desires or embarrass her by making her reveal herself to you without your reciprocating. Suggest that this is important to you, but that she need not comply. If she often chooses not to comply, it may mean the end of the games between you. She will comply because she wants to be vulnerable and because within the desire to surrender is the need to please you.

As in all SM, humiliation is dictated by the needs of the individual. The pretty young beauty who is trying to be taken seriously may feel threatened by being called a slut. While the average-appearing women in her forties may take the recognition of her sexuality as a compliment. "Slut" may seem an improvement over "mom", "wife", or similar titles as it recognizes a woman as an erotic being rather than as an auxiliary to another person.

Mindfuck, not mental rape

There are many who dominate quite successfully without ever touching a chain, a whip, or a paddle. For most of us the mental control is integrated with the physical. When a submissive suspends disbelief and allows the dominant to assert control over her perception of reality this is called the mindfuck.

We gave several examples of this in chapter six in the "Smoke and Mirrors" section. We cited the example of making a submissive believe she was being branded and mentioned the possibility of a fake piercing. Even when the activity occurs totally between the ears of the sub, safety and informed consent are paramount.

There is a big difference between coercion and seduction. It is fine to set up music, lighting, and atmosphere calculated to assist while you convince a lady to play a round of hide the salami. It never right to make her feel that she must give in to your attentions or be forever labeled a frigid bitch. The same is true of stretching limits. You seduce a submissive to new limits, but never coerce.

In many submissives this is remarkably easy with a process we call seeding. A dom says he would like particular thing if the sub would agree to it. Initially, the idea repulses the submissive. "Oh my, I couldn't do that," is her first response.

Time goes by while she runs the idea through her head, testing it in fantasy. Soon it is a little less awful to contemplate. "Maybe I could try it," she thinks. Before too long she is obsessing about the activity and really must try it.

Simple mindfuck can be a type of play similar to teasing. While she is playing a submissive role, you can ask your sub a question in such a manner as to ensure her discomfort no matter how she answers. For instance, "Do you think I'm handsome or macho?" Marine drill sergeants are masters of this. No response is considered satisfactory; always force a dilemma. Whatever her response, twist the words back on her until she has dug herself a pit the size of the Grand Canyon. Soon she is hemming, hawing, and stuttering. If she is also giggling, wet and enjoying losing control over her own words, you achieved your goal. The point of your efforts is to break down her resistance. The reason she lets it happen is that she wants you to succeed. Play drill sergeant, but don't yell, you might disturb the romance.

Exhibitionism

Dominants often put their submissives on display. Within this display are the kernels of humiliation and control. The sub is rendered an item to be viewed. She is a sexual object if the display includes nudity or provocatively sexual attire. She may be subject to lewd remarks and lascivious suggestions by casual observers. In many submissives, the blushes and the embarrassment create an amorous thrill and a strange kind of pride.

People display that in which they take value. Within the exposure there is a compliment. The person exhibited possesses a beauty worth sharing. It isn't only the woman with confidence and a great body who enjoys being put on display. The body is the temple of sensuality and sexuality. Every body deserves to be adored.

The exhibitionist in SM may be a basically shy person who has always envied the outgoing. The Dom is "forcing" the sub into behavior that she has admired, but been unable to express. We have seen introverts gradually overcome their inhibitions and learn to enjoy being the focus of attention. SM can help people grow; changing people's manner of social interaction works only if the desire for change already exists.

Play parties and SM clubs are excellent places to put your submissive on display. Here, people will appreciate and contribute to the fantasy of exhibitionism. Here, people will enjoy watching you bind your lady's hands behind her, perching her on your lap and undressing her slowly, fondling her as each garment falls away.

Some exhibitionist submissives like to be blindfolded while being publicly displayed, never sure who is watching, never sure whose hands are caressing her breasts. The blindfold protects her from her shame and, secure in her bondage she cannot do more than submit to a hundred anonymous hands and mouths pawing, teasing, and nibbling her flesh.



Photo of Queen Guillotine by Jerry

Imagine the spectacle of a party where each attender is dressed to his and her fantasy nines in corsetry, collars, lingerie, leather, and period dress. A dozen bound men and women are strewn about the room in various states of torment and arousal, masters and mistresses applying their craft from scene to scene, clotting around one moaning submissive after another. Yes, play parties can be big fun.

Public play

Play parties and SM clubs usually have a clear set of house rules regarding acceptable play. Clubs almost always have staff on hand to ensure that scenes are safe and within the house rules of play. Many of the larger parties also select people to make sure things go smoothly. Commonly, limits are set to exclude blood sports and exchange of body fluids during the party to avoid the spread of STDs. Standard play party etiquette also precludes touching any submissive without her permission or her implied permission through her dominant. It is considered grossly impolite to interfere or participate with any ongoing scene without being invited to do so by the dominant in charge. This includes loud conversation, speaking to the players, and even standing too close. Expect all these standard rules at any play party you attend. They are designed to enhance the concentration of the players which makes for better scenes.

Playing in public is a type of "theater." The players have two audiences. The primary audience is always your partner. If you lose sight of that and become too aware of the secondary audience it will ruin your performance. Concentrate on what you are doing rather than the reactions and judgments of the people viewing. All too often the dominant who forgets this makes some horrible mistake and ends up looking like a sap.

Remember that submissive people are not necessarily submissive to everyone. A submissive always maintains the right to submit to whom she chooses. Dominants can save themselves from embarrassment by treating everyone with respect. Haughty, strutting dominants seldom evoke a submissive response and most often come off as assholes. As a submissive, you may find yourself submissive to some people and dominant to others; the roles are not always clear. Many subs detest scene situations

where all subs are expected to defer to all doms. This is natural and valid and must be respected.

You may find that you like to be bottom to people you are not feeling submissive to, as well. A submissive response is a very intimate response. Some people feel extremely uncomfortable showing their submissive side publicly, while others revel in it. Bottoming to someone you do not feel submissive to can be a good time, too. In this case, the experience is sharing sensuality with a friend with less sharply defined roles. Switching from top to bottom roles is also common.

One of the problems of public play is that subs are hesitant to make the doms look foolish in public. So, saying no or using a safe word is even harder than it is in a private setting. Dominants should always sharpen their focus on their submissive for public play. It is also best to try out new techniques and toys privately to be more aware of a submissive's reaction to them.

If your fantasies include rigid rules of behavior, you may want to make contingencies for public scening. To let things flow smoother, formulate signals for public play that can be used without breaking role. Whereas a submissive might respond to an order by saying, "If it pleases you, master," to let her dominant know that all is peachy, codes phrases like "ONLY if you wish it, master", will let the dom know, "Uh, uh, I don't want to do that." This is a face-saving way of allowing him to appear to have changed his mind, while the submissive still appears obedient.

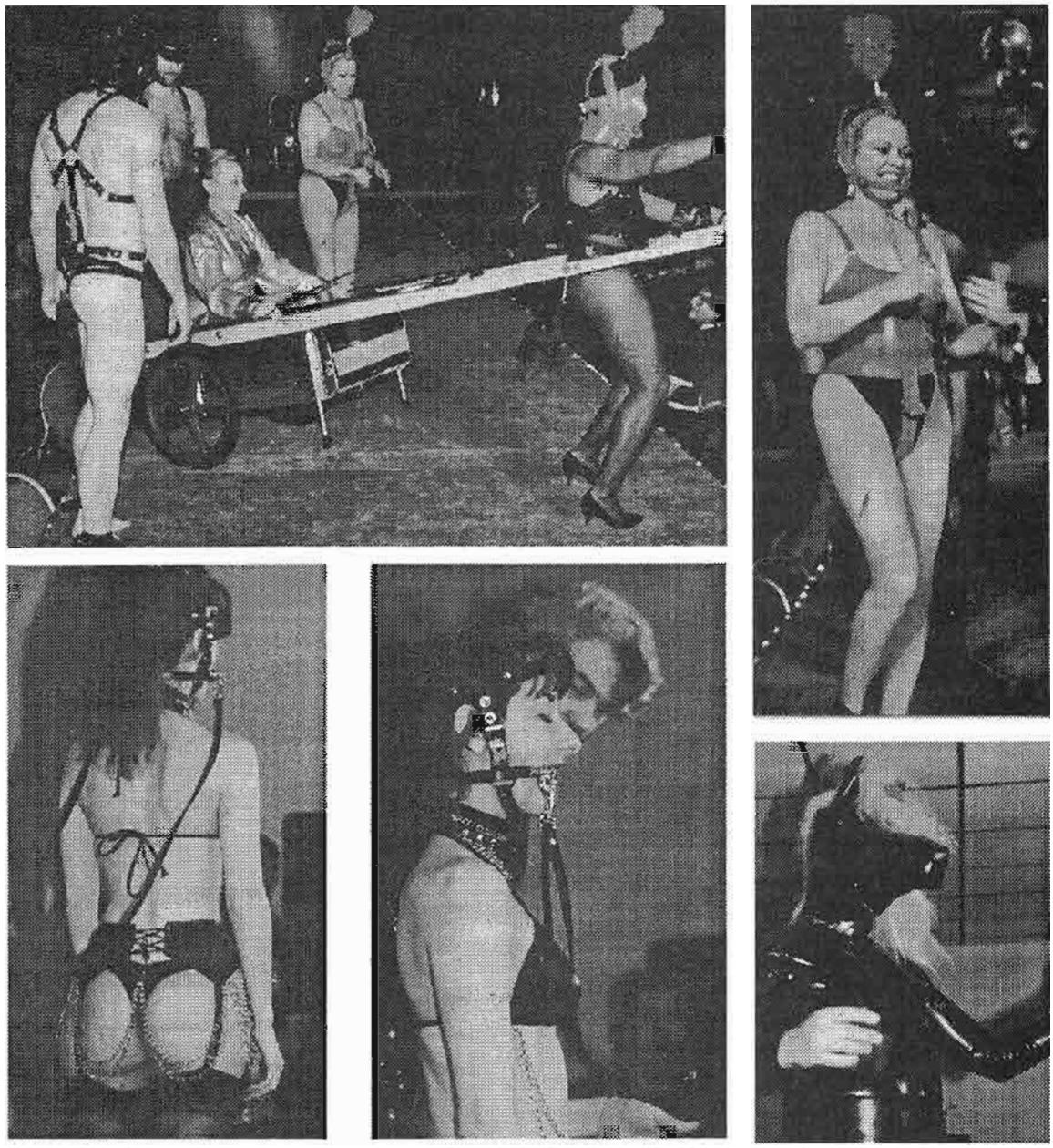
Scening in a public scene place ensures an audience that has an attitude of acceptance. When you engage in play in a vanilla arena, you run the risk of offending someone's sensibilities. The general public has not been asked to consent to your activities. So, besides the risk of arrest there are ethics to consider. Be very, very careful. And never, ever do any sexually provocative activity if there is a chance for a minor to see it.

We have found many people who enjoyed being involved in a mild scene like the following: Late at night in a near-empty diner we engaged our waitress in a conversation about piercing. She seemed open-minded and amused, so she was asked if she wanted to see the sub's pierced nipples. She said that she was very interested and the sub was ordered to show her breasts to the girl. Note that the waitress showed interest and was asked for her consent. In the same situation, however, the waitress might have felt coerced into agreeing without emoting her difficulty. Most people don't understand what we are about at all and can freak out at what we might consider the mildest situation. If you are even the slightest bit uncertain as to how a vanilla person might react, err on the side of safety and discretion.

Dressing

NOTE: We must apologize to those hoping read something about cross dressing under this heading. Cross dressing, and transvestitism has a rich involvement in the SM scene, but neither of us has any expertise in this area. Though we know and admire many people who are into these fantasies, we feel we simply cannot do justice to the topic. Some of the principles we will address do apply to cross dressing; but will hardly satisfy your appetite. Our bibliography does, however, suggest some materials for you.

From childlike and innocent to sultry and revealing, attire is the accouterment of whimsy. Clothing can be no more than props to support your shared saga or it can be an extension of control, calculated to create the heat of embarrassment.



Ms. Marie Constance rides in a pony cart drawn and surrounded by ponygirls and ponyboys at the Dressing For Pleasure Fetish Weekend. Turning a submissive into a pony by dress and training is a common SM fantasy. (Photos courtesy of Dressing For Pleasure of Upper Montclair, NJ)

Dressing is related to exhibitionism. The sub is often compelled to wear clothes emphasizing her sensuality. A woman who is not particularly proud of her body may take special pleasure in being forced to wear clothes exposing her wanton desires. Stiletto heels, stockings and garter belt, a short, tight skirt, and a shaved pubis are so commonly required by doms that we refer to it as the submissive uniform.

This submissive slut costume is an expression of lascivious yearnings and availability. Having sexual access to the sub at any time is part of the concept of erotic control. Mimicking the instructions given to the sex slaves in *The Story of O* some doms

may forbid the sub from sitting on her skirt. This adds to the erotic effect. The message to the submissive is that she is desirable, and, while in costume, she is a sexual being.

Some of the clothing that emphasizes femininity may require gradual training. Walking in very high heels is not learned overnight and the SM scene is renowned for encouraging five- to seven-inch high heels. Awareness and sensitivity is required by the dom who puts his sub into very high heels. If your lady is striding with difficulty in three- or four-inch heels remember to assist her when walking.

There are even safety factors to consider with clothing. Standing for a long time in heels may create problems for the foot, legs, and back. Constant wearing of high heels can cause shortening of calf tendons, making the wearing of normal flat-heeled shoes uncomfortable or impossible. Molly had two numb toes for months after stubbornly wearing poorly fitting heels. Hopefully you will demonstrate better sense.

The weather, neighborhood, and potential viewers must be considered when ordering a person to brave the out of doors scantily garbed. Sounds silly, but we know a submissive who broke off the relationship when ordered to go out in January wearing stockings and a very short skirt. She felt her Dom's fantasy life was more important to him than her physical welfare. We think she had a good point.



Photo of corset trained lass with amazingly tiny waist courtesy of Dressing For Pleasure.

Corseting is another area to consider thoughtfully. Many subs find in restrictive clothing an element similar to bondage. The corset emphasizes the feminine shape. Corset training can actually cause changes in the body. As the waist is reduced in size internal organs move to accommodate the changes.

Sexual denial, the ultimate weapon

A dom must be willing to meet a challenge from his submissive. If she says, "You'd never do that, you wouldn't have the guts," he must be willing to do it without hesitation. This does not mean he has to meet every challenge she makes, in fact, the more selective he is about meeting them, the better it works. B.F. Skinner observed that the Pavlovian response works better to condition a subject if the responses to the desired behavior are not always rewarded.

It may appear, at times, that a submissive is in control of an SM relationship. After all, she is encouraged to set limits, she can stop a scene instantly with her safe word, and the whipping and torture are done in a manner calculated to give her sexual pleasure. If it seems like the balance of power is overly tipped in the submissive's direction, this technique may serve to rehabilitate the relationship.

In a sexual denial scene, a submissive is deliberately aroused and left needy. Deliberately is the operative word here. This doesn't include the times where the sub

wants sex and the dom has a headache. Arousal can include such things as commanding the sub to read, watch a movie, or read erotic texts ("Tell me how this affects you"), or doing' experimental' scenes ("I just want to test out this new equipment/whip"). A more direct example is a bondage and/or torture scene that is ended just as the submissive becomes aroused.

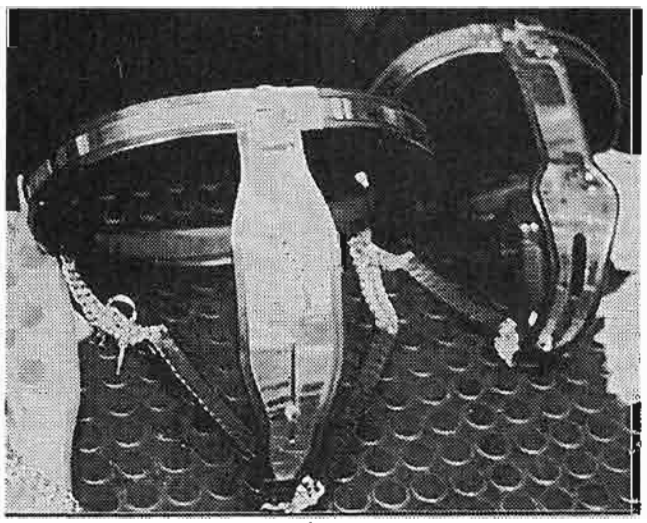
Denial can be done for a multitude of reasons: to enhance the pleasure the submissive feels in a subsequent scene, as a play punishment; or to reassert the control of a dominant by lowering expectations of the submissive. As in all torture and pain in SM, denial works best when deliberately inflicted.

If you are wondering why it might become necessary to lower a bottom's expectations, consider the following. A dominant busts his buns during the course of a typical scene, to give his submissive intense sexual pleasure. A submissive can easily become addicted to these scenes and want them so much that a dominant can begin to feel pressured to perform. This is a situation to avoid and one area where submissives can demonstrate their sensitivity and appreciation for everything their dominants do for them.

> "...bottoming is quite relaxing, and a good antidote to stress (or at least I find it so). Topping, when I'm feeling stressed and pressured, just feels like one more damned thing to do. Since I can't really cut loose and cathart in top-space without losing control and doing harm, trying to top when I've got all that negative energy running feels a lot like driving with one foot on the brake and the other on the accelerator.
>
> "Thus, of course, it behooves my bottoms to make sure my life is as relaxed and stress-free as possible."
>
> Lady Green (author of *The Sexually Dominant Woman: A Workbook for Nervous Beginners)*

Many subs feel a need for sex as completion following a whipping or torture scene even if they have an orgasm during the course of the scene. A period of sexual denial, where the sub is given scenes that arouse without completion and is sent home needy, may help the dom feel more in control as the sub becomes grateful for whatever she gets.

The dom may or may not allow other outlets for the submissive's sexuality. Masturbation can be forbidden or not, as can involvement with other people. Though, understanding the difference in the ways men and women deal with sexuality this may be less help than one would suppose. Many women experience lust in a more person-specific manner than males. Sex from another source or masturbation may merely take the edge off of need to only a slight degree. This rather forces the sub to develop some internal discipline in coping with sexual need.



These chastity belts are from Dressing For Pleasure.

Many subs consider sexual denial in itself to be a form of sex and enjoy it. We have met submissives who spend years wearing chastity belts. Denial is their major form of sexual turn on. Paradoxical? Sure, but by now you should expect that in SM. It is the submission and the loss of control in denial that gives them the ultimate pleasure.

Emotional growth through SM

You've seen a sample of the way SM uses emotions as a medium of sexual expressions. We employ inhibitions and emotional buttons, turning the mind into an erotic playground. We expose fears and buried insecurities, and in the revelation, change occurs. Below, is a true story of how SM helped to heal and to raise self-esteem.

HAS ANYONE SEEN MY SELF ESTEEM?

A search for myself.

"Recently, I was initiated into both sides of SM. It was an experience I will not soon forget. I experienced things which I find extremely confusing and I cannot even begin to explain their emotional and physical impact on me.

"A little background might lessen any confusion, and may serve to explain the river of emotions that came out in this scene. I have been working to change a self-esteem problem that I have felt most of my life. This is something that I am sure many struggle with. Feelings of never being good enough to be around people, of not fitting in, and of not looking good enough made me feel alone most of the time, even in the company of others.

"My ex-wife (while we were married) wrote in her journal that if she and I could choose whether to do it over again, she would never have married me, while I would probably do it again. She mentioned in the same writing that as soon as she found someone else she was getting out of our relationship.

"I could never do enough to satisfy her. She lived to destroy my ego and self-esteem. She once said to me, "I wish this marriage were strictly PLATONIC."

"She had written how bad a lover I was and that I was insensitive. After reading those entries in her journal, I made two decisions: 1) I was going to start evaluating my life and making the much-needed attitude changes to see myself in a better light, and, 2) I was going to see if I really was as bad a person as my wife kept saying I was.

"I started BBSing in February, calling adult BBSs. I was looking for feedback and advice on rebuilding my life. I caught my wife cheating on me a year earlier and knew it was only a matter of time before she and I would split.

"In May I met a married female on a California-based BBS. She and I were the only East Coasters on this BBS. We had a lot in common. We both were in unhappy marriages to people who were fourteen years older than we were. There were several other coincidences, as well, one more bizarre than the next. Not to belabor the point, we became obsessed with meeting, and after meeting we fell in love. Making love to her showed me that I could, in fact, make a woman feel good.

"I dated another BBS friend from New York. She, too, felt that I was able to satisfy her physically and mentally. This is not meant as an ego trip, but to make a point about self-esteem. Finally I decided that I was not living, I was stagnant.

"I decided that since my wife would eventually leave me, I might as well do the honors of ending it. She told me later that she had thought that I could never shock her because she knew me so well. This was totally unexpected for her.

"After ending the six-year marriage, I dated another woman from New York. She had a desire to be "taken." I had always been a very gentle person, but decided to give a it a go. Deep down inside, I had always wanted to try this.

I fulfilled her request and found it very intriguing. She guided me to the English Palace BBS.

"The English Palace was a great tool for meeting people and for learning the "ropes." I became a regular at E.P. and found myself sharing more and more everyone's fascination with SM. I read the forums, chatted with some experienced players, and saw my first live scene as an observer. I decided I needed to experience the lifestyle in order to understand what was going on inside of me. After several weeks of talking to BBS members and meeting several, I made a move to learn more. I set up a day to learn about some of the toys and was taught to use them both as dom and sub.

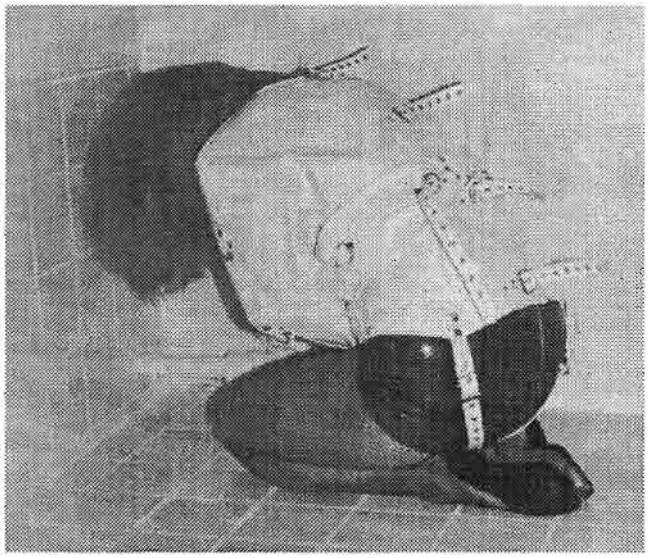
"Experiencing my first scene, I found myself in a trancelike state focused on the "reality" of the moment. Emotions which had been locked away like old "toys" in the attic started to surface. The dom was really great with me. She started slow and we built our way from hand spanking, to whips, to the cane. She took plenty of time saying supportive, good things to me. She made me feel things I had never felt before. I can't begin to put in words the strange sensations I felt. Twice during the first session, I felt like I could not go on as my emotions were reaching volcanic proportions.

"At the end of this scene she held me tightly with my head in her lap and said something like, 'Don't ever let anyone tell you that you are not a good person, because you are.'

"Just as she said this, the volcano erupted. For no reason I can explain, I started crying uncontrollably. It really confused me. My tears weren't tears of sadness, but, somehow, tears of relief. When the tears subsided I felt as if my whole body had climaxed. I don't mean like an orgasm as you would have in sex, because there was no orgasm or sexual intercourse involved at all. There was, however, affection from my dom.

"After my emotional eruption, I stood up and could barely stay upright. My knees were wobbly and unstable, again, as if I had climaxed. I am sure this feeling is not unique for those who have played the scene. For those who have never done so, it is an experience never to be forgotten.

"I do not crave corporal punishment as a sub, will give it as a dom, but, with the right party, I might endure it as a sub. I hate pain, but am still curious about the feelings that I experienced. I will continue to research the SM world.



"For those of you in the scene, this may be boring. Those of you wanting to experience new things, but who are afraid to try, there's only one way... JUST DO IT!!"

13 Furnishing Your Dungeon



laborately wrought iron gates were the only visible opening in the tall, ivy-covered rock walls. The limo driver stretched a thick arm to reach a button on the dash. Susan, William's latest conquest, felt a rush of anxiety as this portal swung open silently. (She was certain it had been meant to creak, some overzealous slave must have oiled it.) One expected to see a brass plaque hovering over the gate emblazoned with Dante's admonition: "Abandon all hope you who enter."

Beyond the gate, only untended woods were visible. Shafts of sunlight shot through the deep forest green as gentle breezes parted the dense canopy of ancient oak and mountain laurel. The first time one visits a place, the drive seems much longer than it really is. Yet, surely they had driven more than a mile down the estate's secluded dirt lane before the woods opened on the expansive lawn. Susan realized that if she were to scream, no one would hear her. Shivers sailed up the spine of William's guest knowing that her welfare was totally dependent upon her host's sense of honor.

The car stopped in front of massive, medieval double doors with ornately cast iron hingework. It was an imposing mansion. From the tracery around the leaded glass of the windows to the stark strength of the granite walls, this was a dwelling designed to reflect the personality of a man who was truly a king in his castle. She hadn't expected a simple home, but this was indeed, an edifice complex.

The double doors of the manor house yielded inward, answered by a collared, leather-clad woman. Susan pondered the woman's amused smile as she was ushered inside. William was just coming down the stairs to the foyer. With a brief, but affectionate greeting the slave announced Susan's arrival and disappeared.

William granted Susan a tour of his opulent digs displaying a variety of elegantly appointed rooms, each fraught with ominous possibility. In the Victorian drawing room a riding crop lay on the straight-backed chair by the fireplace. Heavy, nickel-plated rings hung from thick bolts, inset in the granite walls of the great room. Silk scarves decorated the massive four-poster in the master's bedroom.

Only William's warm baritone and supporting arm kept panic at bay when at last their footsteps echoed on the stone floor of the dungeon. The walls, ceiling, and floor were festooned with chains and rings. Whips, paddles, and crops hung black and shiny in contrast with the rough gray stone. A rack, a pillory, and a whipping block kept company with complex machines she had no name for, but whose functions were, no doubt, portentous.

Where to play while the castle is being repainted

Few of us have a baronial estate like William's, far removed from neighbors with a well-stocked dungeon in which to torture securely. For the average person, the bedroom of your house or apartment will be the scene of your loving crimes. Of course, other rooms, other buildings, and the great out-of-doors hold marvelous potential, too. Your first thought, as always, must be safety. Discretion and security must be considerations, as well. You don't want neighbors to think you are beating your wife (especially if you are beating your wife).

In cultures where people live closely together, a tradition of creating mentally imposed privacy often develops. They learn not to see that which does not concern them. Americans, on the other hand, coming from a pioneer tradition of open spaces and neighborly helpfulness, often feel it is their right and obligation to observe and judge their compatriots' behavior.

This can be an admirable quality when real help is required, though, barn raisings are now fairly uncommon, these days, and few worry about an Indian attack. It is important to remember that consensual play seldom appears consensual to the vanilla world and that you can get "helped" to a visit by the local authorities if your kink is discovered.

In an ideal world where differences are accepted and understood, everyone could be open and honest about SM. As things stand, one must be discreet. Be prepared for impromptu visitors. When your mother-in-law drops by to check the house for dust, you don't want her stumbling upon a spreader bar, particularly if the cuffs are still attached. But, if you enjoy the rare good fortune to have open-minded friends and family, you can set up your restraints without restraint.

Sound can be your biggest problem, especially for those living in an apartment. Women who moan softly and demurely during vanilla sex may hit glass-shattering notes during SM sex. They moan, they sob, and they shriek while their bodies are being wracked by multiple orgasms. Gags can be useful to muffle these happy noises, but they are not always desirable.

Furnish your bedroom/playroom to minimize noise. There are several easy ways to do this. Carpets on floors and tapestries on walls are excellent sound absorbers. Thick cork panels work well, too. If possible, put your bed against an outside wall and keep your windows closed during play. A running air conditioner masks a lot of noise. Of course, every playroom requires a stereo system to provide mood music which will also disguise your loving noises.

Visual evidence is often easier to cover than auditory clues. You can camouflage hooks in the ceiling with hanging plants and swagged lamps. A hanging wicker chair may be an apt addition to your living room.

Toys should be stored in an out-of-the-way closet, one that locks. It is fairly easy to change a doorset to a locking one. Another solution may be a trunk that locks, or several, as your toy collection grows. An armoire or wardrobe can easily be fitted with a lock and is a convenient place to hang your whips and such with the addition of inexpensive cup hooks. While basements and attics are excellent for storage, remember that dry heat and mildew damage leather.

We may seem overly cautious here with all the security, but especially for families, we believe that toys should be stored under lock and key. Consider the following.

Life with children

A close friend of ours (we'll call him Dudley) became involved in a messy divorce. Though they were both very much a part of the scene (she was a professional mistress when they met), Dudley's wife told the state's child welfare agency that our friend wasn't a fit father because he practiced SM.

Naturally, the state sent investigators to Dudley's home. They probably fought with each other for the opportunity. The couple's son was living with Dudley and Dudley had always been careful to shield his bedroom antics from his son's eyes and ears. The investigators, a man and a woman, inspected the house, interviewed Dudley, and, finding nothing untoward, insisted upon seeing Dudley's toy collection. All his toys were neatly stored in a locked trunk stored in the back of the bedroom closet.

Because he was frank with the investigators, because he never discussed SM with his son, and because he displayed the wisdom to keep his goodies stashed carefully away from immature eyes, the state filed a report that cleared Dudley of misconduct.

Anyone, a teacher, a neighbor, even a passerby, can file an abused child report with the authorities and it will be investigated. Do right, like Dudley did. Keep those goodies hidden where you're sure that they will not be found and be careful not to use them when the kiddies are around.

If you are living with children, we extend to you sincere condolences. Not that we dislike kids; they are fine when marinated overnight, char-broiled and served with a tossed green salad. Live children, however, can be a problem. Their inborn urge to ferret out a mystery rivals the tenacity of an ace reporter and they report everything to everyone. If they glimpse a whip carelessly left out or notice that only their mommy's high heels lock at the ankles, disquieting questions will be asked.

On the topic of sex, we believe in parents being as honest as the child's ability to understand allows while not overwhelming him or her with adult sexual concerns. Honest communication has benefits you come to appreciate when they reach their teens. But, parents also have a right to personal privacy.

Reconciling ideals of openness and privacy, we answer general questions honestly and openly, skipping details about our personal preferences and proclivities. We are comfortable telling young children that some grownups like to play fantasy games ("play pretend" in kidspeak) and that sometimes props or dress-up are part of this grownup game. This is, in fact, the truth. Children understand better than anyone the fun in fantasy. It is wise to explain that while Mommy and Daddy are not ashamed of anything they do, sex is Mommy and Daddy's private business and it should not be discussed outside the family.

Hanging slaves and other decorative touches

There may be places where hooks in the ceiling would be unnoticed that have not occurred to you. In Philip's kitchen is a heavy cast-iron rack for pots and pans. The heavy duty steel hooks holding it look perfectly appropriate for the task.

If you have the good fortune to have a room with exposed beams, you still may not like large steel rings as a focus of decor. Brass woodworker's inserts allow you to screw in an eye bolt in when needed, yet are very discreet. They will not, however, support the weight of full body suspension. Be aware that many exposed beams are not true beams at all, just hollow mockups, which are not made to bear any true weight. What you are looking for, in this case, are solid two-by-ten-inch support members or something even more substantial.

Installing eyebolts for bondage requires some attention to safety. Full suspension means that the entire weight of the bound body is totally supported by the bondage. In partial suspension, on the other hand, the submissive's feet still contact the floor and support most of her weight. In either case, hooks intended to support a ten pound potted petunia will shear. Only heavy steel or brass eyes or hooks securely screwed into wood should be used.

Never depend on plaster or wallboard to support any weight at all. Aside from the potential injuries, bringing the ceiling down on your sub's head will definitely disturb the mood of the scene. Always bolt or screw eyes securely into the ceiling joists or into the double headers of two-by-fours above archways or doorways. This means screwing all the way through the decorative trim and way into the two-by-fours.

If you own a home with a basement you are in luck. Basement "playrooms" are ideal. Basements are naturally sound-absorbing. Also, they frequently have exposed beams. But even without exposed beams, the floor joists for the first floor are plenty

strong enough to support the hardware for full suspension. The current passion for home workout equipment provides a great cover. Create an exercise room. Pulleys and wenches in the ceiling are for "storing equipment and freeing floor space for a workout"... right?

How to recycle Aunt Sophie's ottoman, or, why buy a rack when there's a perfectly good workbench in the basement?

Having located your space in which to play, it's time to consider the furnishings. If you have an unlimited budget there are plenty of retailers and hobbyists who sell dungeon furniture. Besides being pricey, the items are unmistakable as to function. Minor modifications to existing furniture are, however, cheaper and more discreet. Many pieces of equipment are simple to construct even by the not-so-handyman.

A rack is really just a table where a victim can be stretched for torture. Unlike the Middle Ages, though, our spine stretching stops where discomfort begins. So, with the addition of eye hooks a table becomes a rack. If you must have the hand winch for effect, your local boating store sells them at a moderate price. (Oddly, stamped into each winch we've seen is the warning: "Not for movement of humans." What, do you suppose, they mean by that?) Table legs should be cut so the victim is at a height comfortable for you to work on your "experiments." You also may want to consider padding the table or making a removable padding by upholstering a piece of plywood to fit your table. You can modify a table to be dual function and remain in plain view. If the table is framed under the top, you can put eyehooks just inside the frame. If not, woodworker's inserts on the underside of the table lie flush and are virtually unnoticeable. Your removable pad can be augmented by putting a velcro strips on the underside of the table, though this is gilding the lily a bit.

Beds with wooden frames can be modified with eye hooks the same way and, of course, the bed legs, posts, head and foot boards make handy tie-off points. Bear in mind possible damage to finish by chain or rope rubbing and use padding, soft scarves, or leather to protect the wood. If your bed is of the platform type, you can create bondage bars (see section on building toys) or simply put eyebolts beneath the platform.

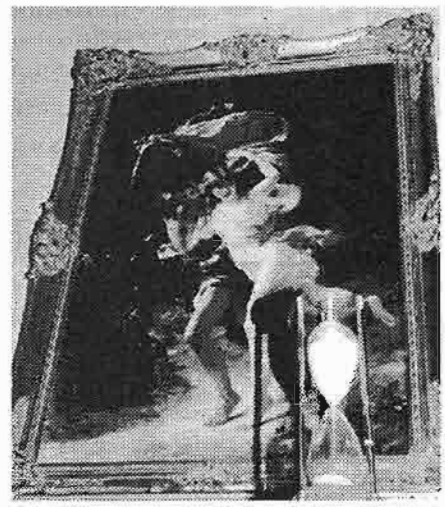
A dungeon tour

Before we return to suggestions for your dungeon we pause for inspiration. Fantastic adult playgrounds do exist. Mistress Eva Bathory is our guide for a tour of Pandora's Box, Mistress Raven's house of domination. The next few pages will show you play spaces ingeniously created as settings for a variety of fantasies. (For information about Pandora's Box write to: Pandora's Box, Suite 256, 177 Main Street, Fort Lee, NJ 07024).

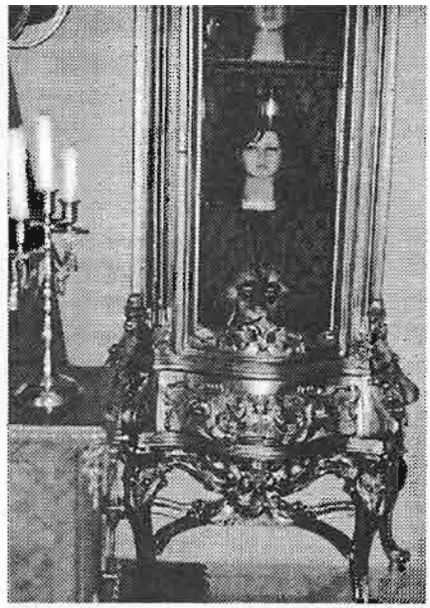


The picture at right shows our lovely hostess, Mistress Eva Bathory.



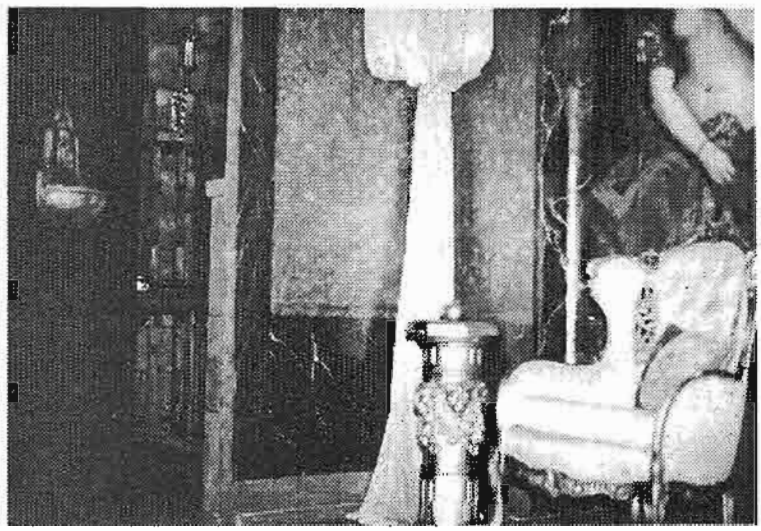


Brocade, marble and gilt highlight the first elegant fantasy rooms. An hourglass (top right) times the sessions. Ornate furniture (middle photos) highlight a space for crossdressing. A throne (bottom right) sits on a marble dais near an wall with a fountain that hides a entrance to the dungeon. Whips on the wall provide a twist to the gracious decor (lower left).











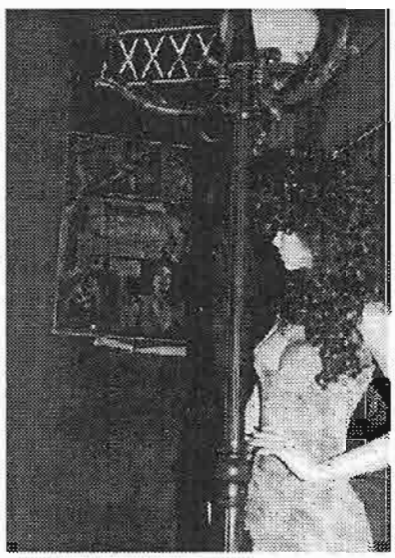


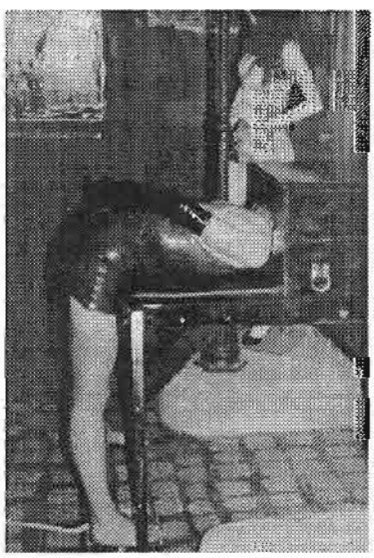
A place for the child within us to come out (top right).

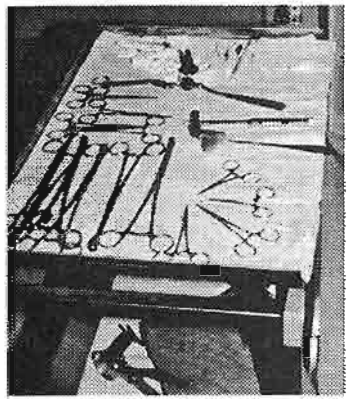
Ravenswood Academy is where naughty boys may learn an interesting lesson (top left).

For more adult tastes, a mock-up of a street corner where naughty ladies ply their trade (bottom). A unique device "on the corner," locks one's head into a box.

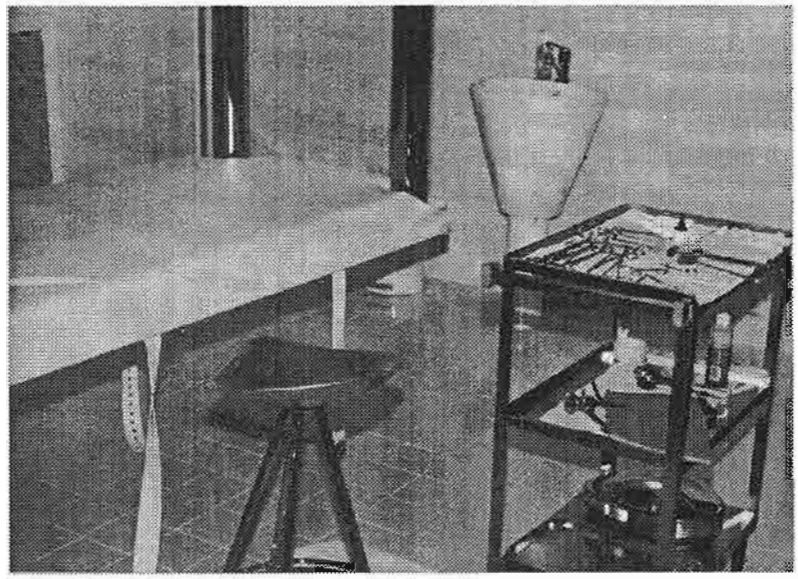


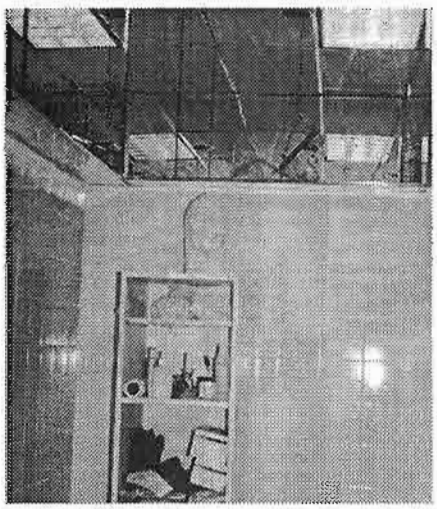


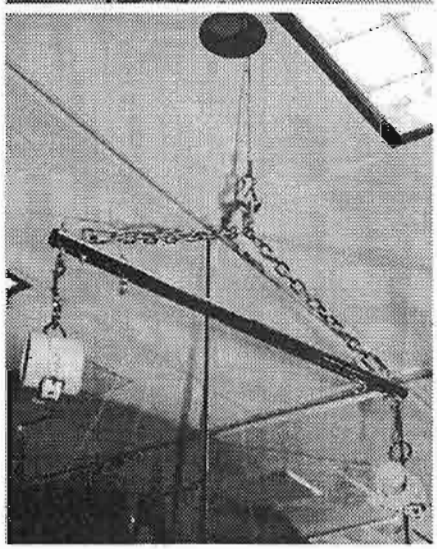




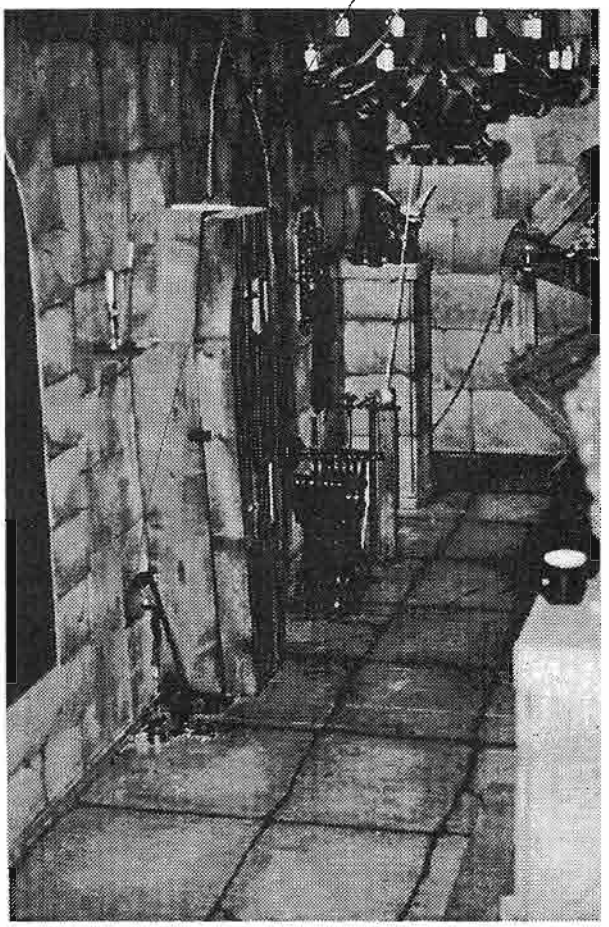
This simulated medical facility boasts a mirrored ceiling and a white leather examining table.

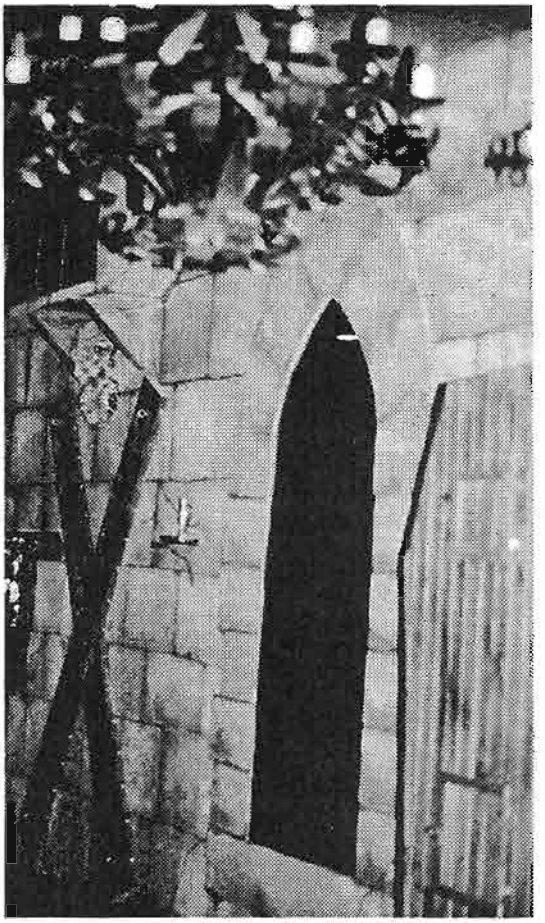


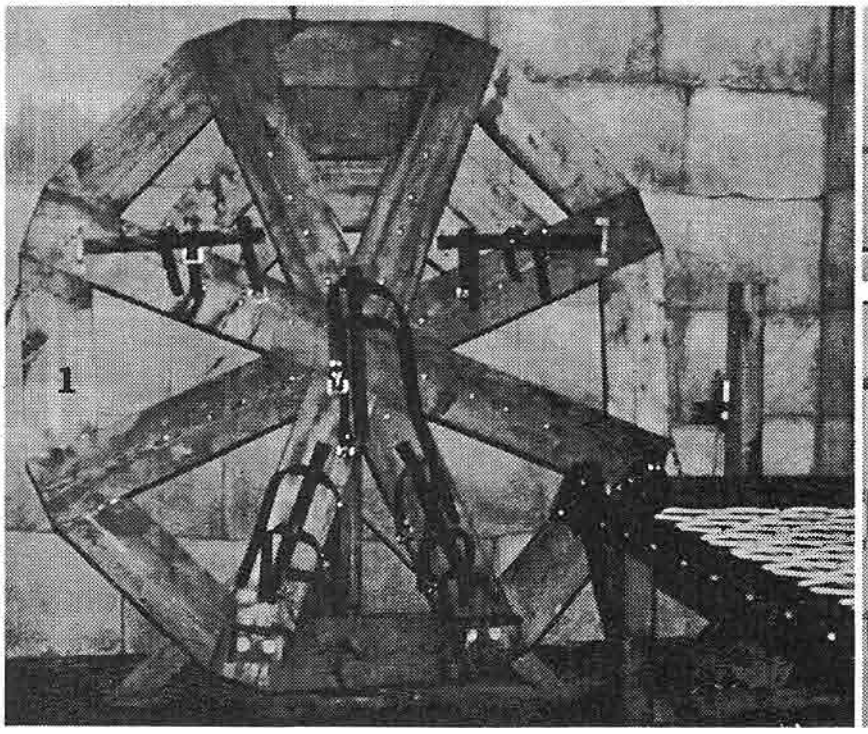




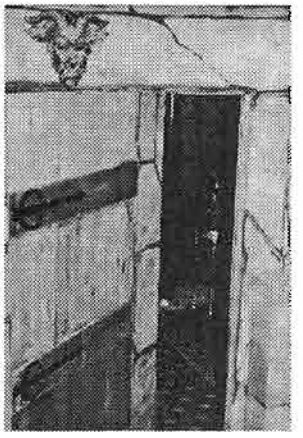


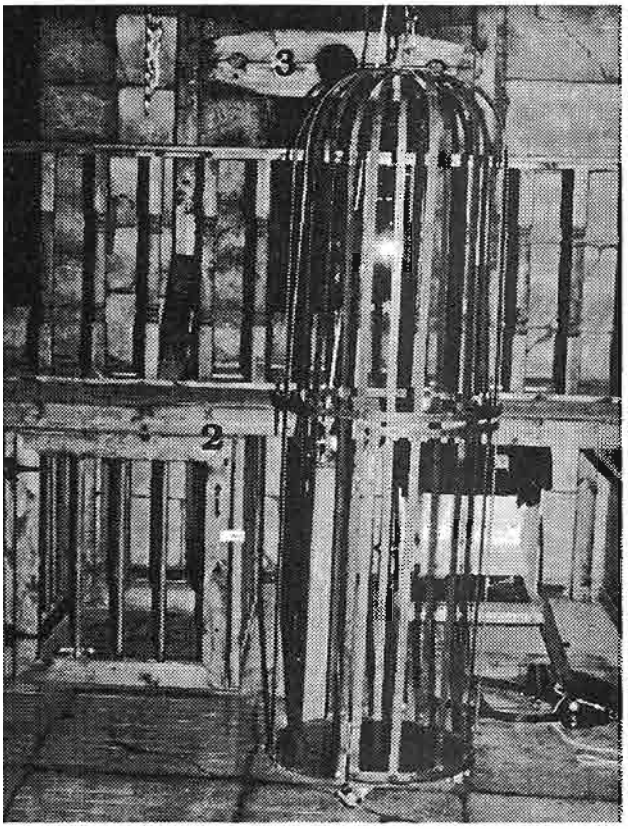


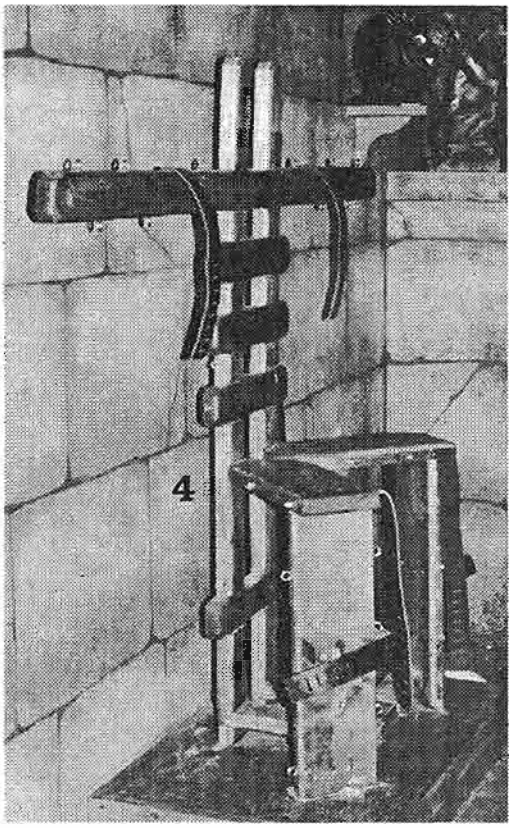












Last, but certainly not least, on this page and the facing page we see the dungeon complete with faux stone walls and guarding gargoyles.

The following are a few of the fiendish devices:

1. katherine wheel

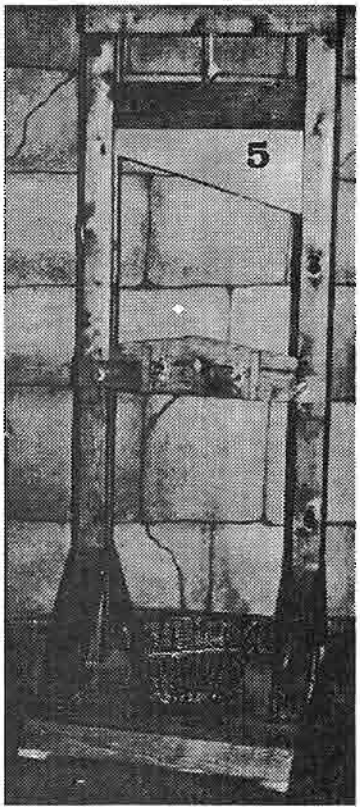
2. cages

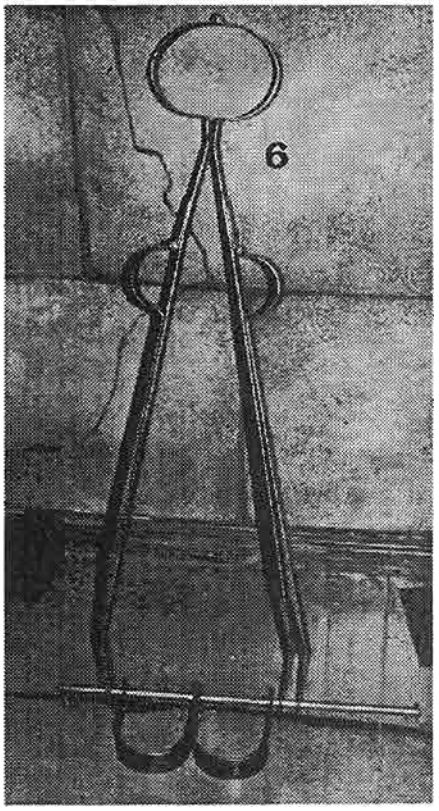
3. pillory

4. bondage chair

5. modified guillotine (for the small head)

6. traditional steel restraints





Just for the Dungeon

After modifying your existing furniture, you may want to collect a few of the larger play pieces. Okay, let's be honest, even if you don't have the money or space you'll want stuff. Lots of stuff. Good stuff. Neat stuff. Stuff to make one cream with anticipation. Is the term "toy whore" familiar to you? Philip and most of the scene people we hang out with are toys whores. We thought about summing this up as the philosophy of "he who dies with the most toys wins." This was too profound so we shortened it to the more accurate, childish phrase, "Gimme!"

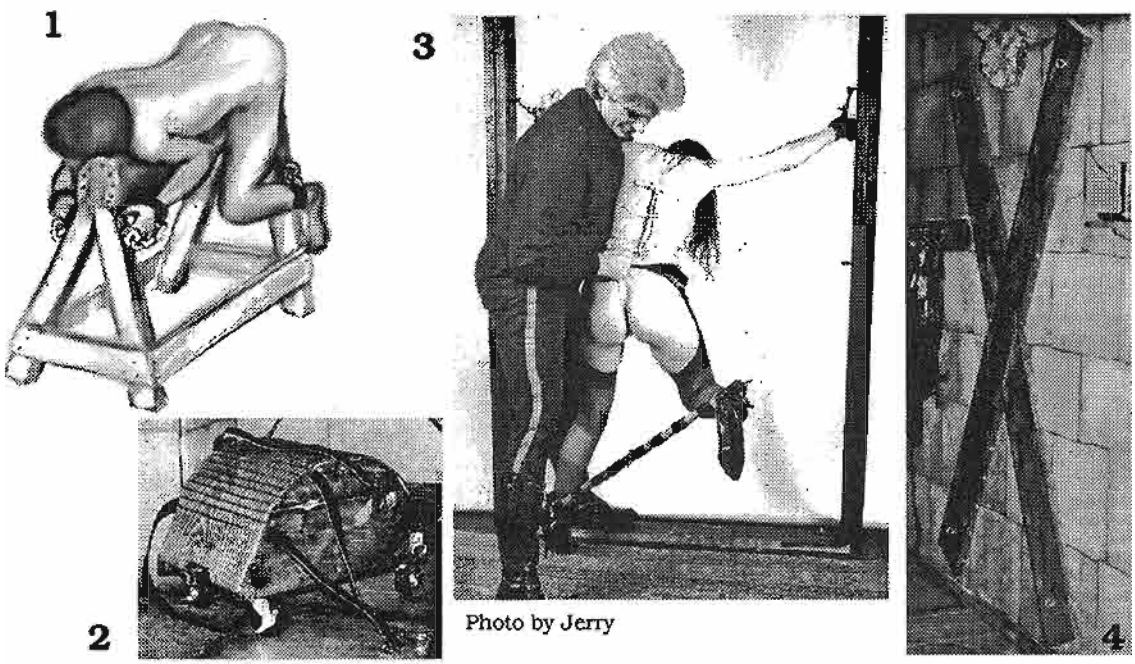


Photo by Jerry

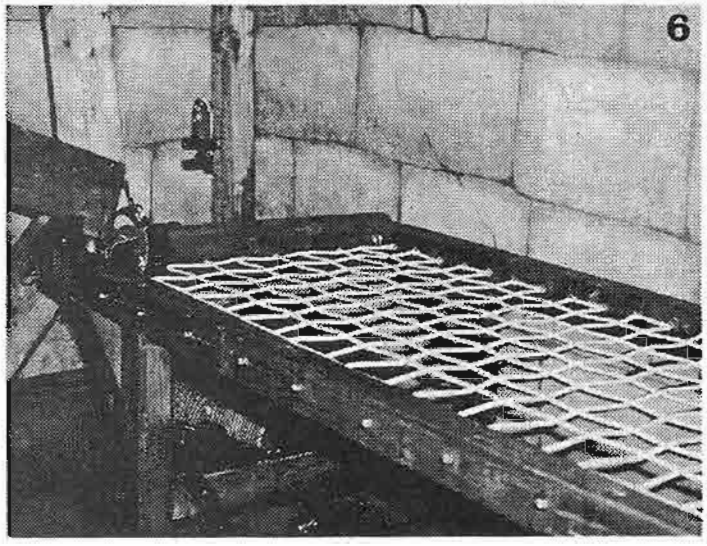
1. Spanking horse - One of the most common pieces of furniture made expressly for dungeon use. Essentially, this is a modified saw horse. Cross-pieces are added for stability across the legs, the top is padded and eye hooks are added. Women, especially those of Rubenesque proportions, often find a narrow top uncomfortable for long sessions. This situation is relieved by screwing a wider piece of wood to the top (a two-by-six will usually do) and padding it.

2. Spanking block - these are both comfortable and easy to build. They support the weight of the spankee while keeping them in a good position for corporal and sexual activities.

3. Whipping posts - Whipping posts when free standing, allow access to the submissive from all sides.

4. The **St. Andrew's Cross** is basically an "X" shaped crucifixion device. There are also upright crosses of the traditional style. Submissives are chained to these crosses for whipping, teasing, and whatever. In spite of the shape, using nails to fasten your submissive is considered cheating and in bad form. Attach a few eyebolts and tie your ladies to the cross; save yourself some legal bills.


5


6

5. Slings make a submissive feel particularly vulnerable and, if you blindfold her as well, she loses some sense of where she is and which direction she is facing. Lack of spatial reference is a powerful type of sensory deprivation, especially when combined with a blindfold. This is the safest type of total suspension (See our plan for constructing this simple but effect device.) Slings are also incredible "fucking machines." To quote a submissive leatherman we know, "You've never had sex done right until you've been screwed in a sling."

6. A **rack** is a horizonal surface for binding the submissive in a stretched position.

7. Stocks - our puritan ancestors had a few ideas worth emulating. Better yet, mount the stocks on whipping posts and you have a **pillory** (see page 209).

8. A **katherine wheel** is a vertically mounted bondage device used when the dominant feels like taking the sub for a spin (see page 208).

9. X-frame - A cross for mounting your little lady in a horizontal position. Pad it well and stretch a piece of leather across the arms of the "X" to support the head and neck (not illustrated).

SMers like to play with "toys." We like to think of SM as having four basic toy groups. Just as you would select a variety of foods for a well-balanced diet, select carefully from these groups to keep your pet slave happy, healthy, and well-unbalanced.

The torture group

Clothespins, nipple clips, breast bars, rubber clothing and sheets, cinnamon oil, wintergreen oil, itching powder, Ben-gay, electric shock devices, ice, hot wax, chastity belts, cock and ball harnesses, feathers, speculae, Epilady, power tools, and small furry animals. Wonderfully sick and creative minds are constantly working to invent new and elaborate torture devices. (No, we are only kidding about the small furry animals. Rest easy, ASPCA fans.)

The bondage group

Collars, cuffs, chains, straight jackets, scarves, ties (Ah ha, there actually is a use for those "well-intentioned" Father's Day presents!), body bags of cloth, leather, or spandex, bits and harnesses, rope, gags, blindfolds, hoods, corsets, spreader bars, corsets, stocks, bonds, government securities, and mutual funds.

The sex-toy group

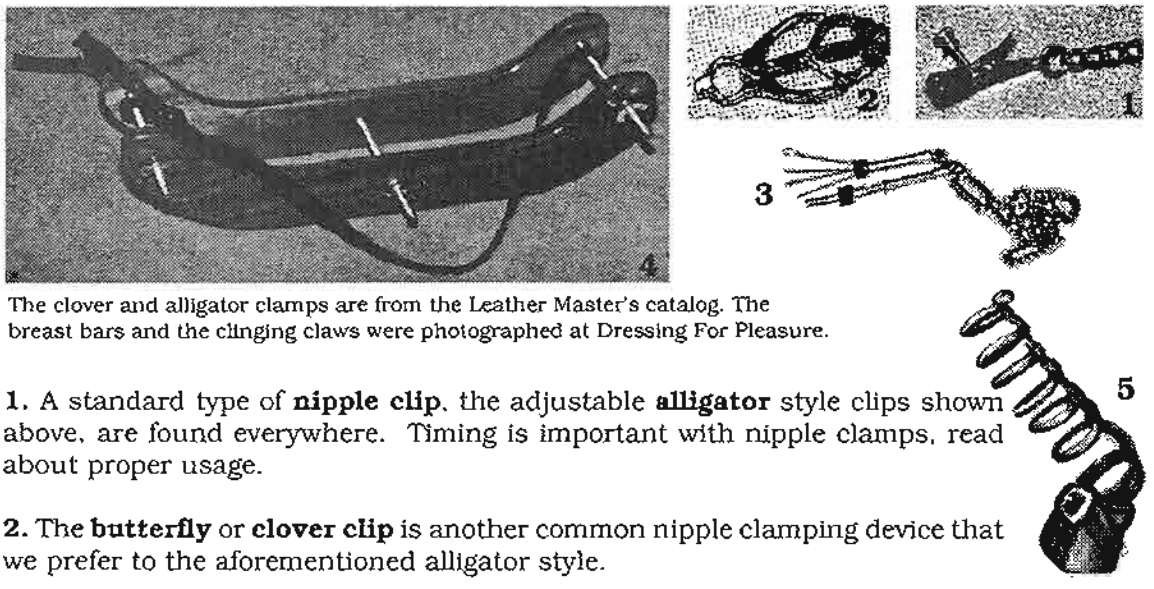
Dildos, vibrators, cock rings, benwa balls, anal beads, butt plugs, coconut oil and various "emotion" lotions, mink mittens, suction devices, inflatable dolls, and Madonna.

The hitting group

Paddles, riding crops, slappers, canes, and whips. Many ordinary household objects, such as wooden spoons, spatulas, rulers, belts, and ropes, can be good for this purpose, too. Of course, it is hard to beat that spanking staple of SM, the open hand. This group can also be referred to as percussion instruments.

The torture group

A few of the devices used to tease, torture and torment. (Their use and safety issues were explained in chapter six. You did read chapter six, didn't you?)



The clover and alligator clamps are from the Leather Master's catalog. The breast bars and the clinging claws were photographed at Dressing For Pleasure.

1. A standard type of **nipple clip**, the adjustable **alligator** style clips shown above, are found everywhere. Timing is important with nipple clamps, read about proper usage.

2. The **butterfly** or **clover clip** is another common nipple clamping device that we prefer to the aforementioned alligator style.

3. The **"clinging claws"** are placed delicately on the tip of the nipple.

4. Breast bars are placed above and below the breast and tightened.

5. The **gates of hell** are a linked series of consecutively smaller rings to fit around the penis with a leather strap that buckles around the balls. Typical of cock cages in general, as the male becomes aroused, the device becomes tighter and more uncomfortable; an intriguing dilemma for the male masochist.

6. **Chastity belts**, as in ancient times, are for people who prefer not to share their toys. Versions of this device are made for both men and women. They come in leather and metal, lined with rubber and usually lock securely. They do not allow sex or masturbation. Submissives request these to bolster their feelings of being wanted and owned (see page 198).

7. The **speculum** is used to open, expose and embarrass the submissive. It is a common prop for playing doctor. For true authenticity of a gynecologist's exam, store this device in your refrigerator (not illustrated).

The bondage group

So many things can be used for bondage. Most are illustrated elsewhere in the book. Here, a few devoted to special use.

1. **Collars** and **leashes**, while nominally for bondage, are symbolic of the submissive state. People in the scene regard the collar in much the way a new bride feels about her wedding ring. It is an icon of the covenant between dominant and submissive, a tangible manifestation of the love, trust and caring in the relationship. For many, simply snapping closed the lock of a collar induces a submissive mind set. This is reinforced through conditioning (see chapter two) (photos page 123).

2. **Leather 'bracelets'** are the type of wrist cuff most commonly used. They are comfortable for long wear. If you are real good, your dom might buy a pretty pair to match your collar. Similar cuffs are worn on the ankles, as well (photo page 122).

3. **Suspension cuffs** are made to reduce any strain on the wrist. Full suspension, even with these devices, by the wrists alone is a bad idea; the joints of the arms and shoulders are not strong enough to support full body weight for long periods (photo page 122).

4. Metal **handcuffs** and police-type shackles are quite uncomfortable for any bondage where the submissive pulls against her bonds. They are also illegal to own in many places. Uncomfortable, illegal, impractical, but secure and scary appearing, most people feel they must have them. Philip owns a lovely pair of Smith and Wesson handcuffs that he never uses (photo page 122).

5. **Spreader bars** keep legs apart and arms away from the body to allow access to vital areas. These are necessary items for every toy kit, yet very simple to make. Don't even consider buying one unless you have money to burn.



6. A **Suspension harness** for full body suspension must be a body harness designed for this purpose. Properly made harnesses of leather and steel rings are modeled after parachutist's or climber's harnesses, but cost several times as much. Proper distribution of stress, fit and comfort are a must. Less expensive, but less attractive body harnesses can be found for about $170 from climbing gear retailers and vendors catering to police departments and emergency rescue squads. (The Gall's, Inc. catalog is one reliable source, see our appendixes for details.)

7. **Gags** come in all sorts of shapes. The classic ball gag shown here and favored by many dominants not only muffles noise, but also makes the submissive drool in a most embarrassing fashion. Endless variations include gags shaped like penises (extending out from and/or inserted into the mouth), gags that force the mouth open for oral sex, gags attached to head harnesses, and even gags that have a built-in ashtrays for a dominant's use as his slave kneels by his feet. Of course, common dish towels and scarves make perfectly suitable gags, too (photo page 125).

8. **Blindfolds** obstruct vision. Almost any piece of cloth can restrict vision, but as you may have figured out by now, scene people will seldom pass up a chance to spend money or recreate an item in black leather. Frequently, leather blindfolds are padded inside with lamb's wool or the synthetic substitute.

9. **Hoods** create a sense of isolation. Many hoods restrict hearing and vision, thus, they are used for sensory deprivation. They also have the advantage of being creepy to look at (photos page 128).

10. **Corsets** are another dual function device. The stated purpose is enhancement of the submissive's already beautiful form, but an additional benefit is the feeling of constriction they give when worn. What shopaholic can pass up the temptation to buy a garment that is expensive, usually custom-made, and sexy as all get out? A slender person who undergoes strict corset training can realize waist reductions of four to eight inches. The movement of vital organs and changes in bone structure resulting from strict corset training deter many. Locking high heeled shoes are similar in being both attractive and restrictive (photo page 197).

11. There are several types of **Body bags**. The spandex ones stretch tight over the whole body, altering skin sensation and restricting movement. The leather bags lace tight and allow almost no mobility and a sense of total constriction. Take your choice. Take 'em both!

The sex-toy group

While these sex toys are not exclusively used for SM or scene activities, they represent an important role. A large number of dominants favor a form of torment that never involves hitting or pain of any kind. They merely force their poor subs to orgasm again, and again, and again until this ultimate pleasure becomes the torture. Many of these devices are used to force a submissive to endure covert sexual stimulation in a public situation where she can not show her feelings without extreme embarrassment.

1. **Dildos** and **strap-ons** - Dildos are, as everyone knows, artificial cocks. Add a harness and voila, "le strap-on", as the French might say. The better harnesses are made of leather and adjust for a good snug fit. Two headed dildos are for shared pleasure.

2. **Vibrators** - This standard variable speed vibrator runs on two "C" batteries. Molly wouldn't call herself an expert on vibrators. She does, however, get a Christmas card every year from the Eveready bunny. Vibrators come in all shapes and sizes to be placed in and on various orifices and organs. There are vibrators that vibrate, rotate, squirm, and some with a piston-like action. Vibrators come shaped like cocks, animals, and hands. Some are even bent to reach the G-spot. There are battery powered vibrators, rechargeable vibrators, and industrial strength vibrators that plug into the wall. There are probably even vibrators that mow the lawn and hum Beethoven's Fifth.

3. The **butterfly** is a vibrator shaped like a butterfly, body and all. The "body" fits against the clitoris and straps on the "wings" fit around the wearer's legs. It is remote-controlled and favored for wearing under a skirt in a public place.

4. The **vibrating egg** is another remote-controlled vibrator used for discreet public play. A small plastic egg containing the vibrating motor fits inside either the vagina or rectum.

5. **Cock rings** are used to increase a man's sexual staying power by allowing blood flow to his member while restricting the outflow. Vibrating cock rings are similar in name and location only; they do not restrict blood flow, they just buzz. Both enhance intercourse in their own way.

6. **Benwa** balls look like oversized ball bearings and are meant to be placed inside the vagina. With normal movement they roll around doing their nasty little job by clicking against each other. Some modern versions have balls within the balls to increase the amount of play and vibration.

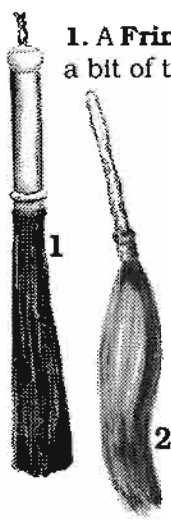
7. **Anal beads** are well-lubricated and positioned in the rear passage. The trick is to pull them out at just the right moment.

8. **Butt plugs** are exactly what they sound like. They come in a variety of sizes and shapes from "oh gee" to "my god, I couldn't possibly!" Gradually, a person can acquire the ability to wear larger sizes, but the cardinal rule of anal play is never force anything.

9. **Condoms** - Aside from properly packaging you pecker for porking, condoms should be also used for sex toys. Any toy that is used internally or comes into contact with body secretions should be used exclusively on one person or covered with a condom. Aside from preventing the spread of disease, condoms make after-party cleanup much easier. If things get really dull, or if you are in a very silly mood, condoms make great water balloons. Not that we would ever stoop to such boorish behavior.

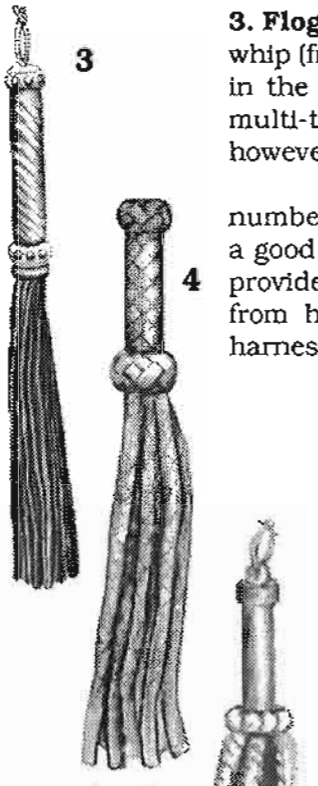
The hitting group

This is just a small sampling of the typical hitting toys in a dominant's arsenal. One of the reasons that bills go unpaid, the kids are without shoes, and the dom is in hock up to the third button of his leather vest is the cost of collecting these wonderfully fearsome toys. It is often said that a dominant's only reason for keeping a submissive is to have an excuse for buying another little goodie.



1. A **Fringe whip** is designed for pure pleasure. The fringe whip has no sting and just a bit of thud. The fall is made of soft, braided nylon threads that tease and delight. Novices find it an excellent introduction to the pleasures of the lash. These and other very gentle whips are frequently referred to as "pussy whips" as they are fine for beating pussies. Cocks and balls like them, too!

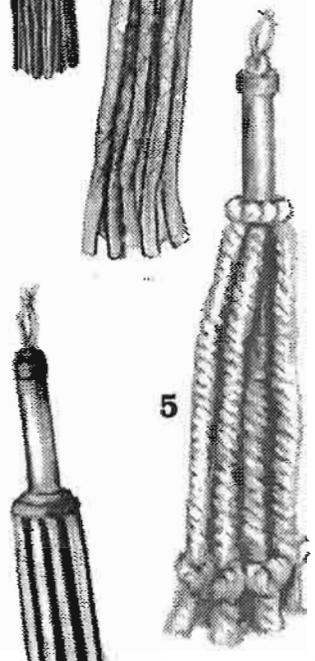
2. The **Horsehair whip** might more properly be named "The Submissive's Revenge." Sold as a fly-whisk in equestrian shops, this whip should only be used for soft, sensual whipping. For some unknown reason everyone ignores this advice and wails away with abandon. This causes the ends of the hairs to break off and stick in your beloved's fanny. Every dom who has encountered the horsehair whip (including Philip) groans about his hour's labor over his sub's caboose with a tweezer and magnifying glass.



3. Flogger or cat -- Cat is the term generally used for a multi-thonged whip (from cat o'nine tails). Cats are the largest category of hitting toys in the average sadist's weapons cache. Purists insist that cats are multi-thonged, braided whips and the others are floggers. Purity, however, has a low priority with us so we'll continue to call them cats.

A cat's fall is made from a variety of materials and can have any number of thongs. Soft deer- or lamb-skin cats are sweet and sensual; a good whip for novices or to start a scene. Suede and soft cowhide provide a little more thud for moderate beating. Heavy falls are made from harness leather, rubber, and rope. We've even seen cats of harness leather with a few chain tresses embedded in the fall for spice.

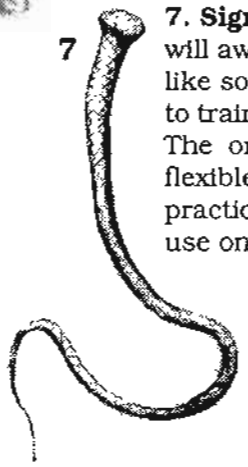
The tresses of the traditional British Navy "Cat O'Nine Tails" was made of cotton cord or cod line with bits of iron or lead woven into them. Each tress was then dipped in hot tar to make them stiff and durable. Some whip-makers still sell them. Unless you're planning to make tacos from what's left of your submissive, we recommend owning these only as conversation pieces. (Another conflicting version of the origin of the cat o'nine can be found in chapter ten, being better politicians than historians we have included both versions in our book.)



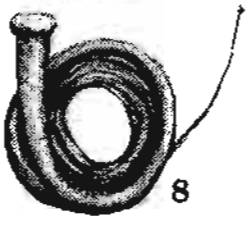
4. Braided cat -- The braided thongs of these whips are usually leather and vary from soft suede to brutal harness leather. Braided cats have more thud than flat-tressed whips.

5. Knotted rope cat -- Knots in the ends or along the length of a cat's tresses will bruise more deeply than non-knotted falls. Used moderately, the knots leave marks that look like little bee stings. Used heavily, they can do a lot more than bruise. The knots are often called blood-knots; can you guess why? Even made with soft nylon rope, rope cats are rather hellish.

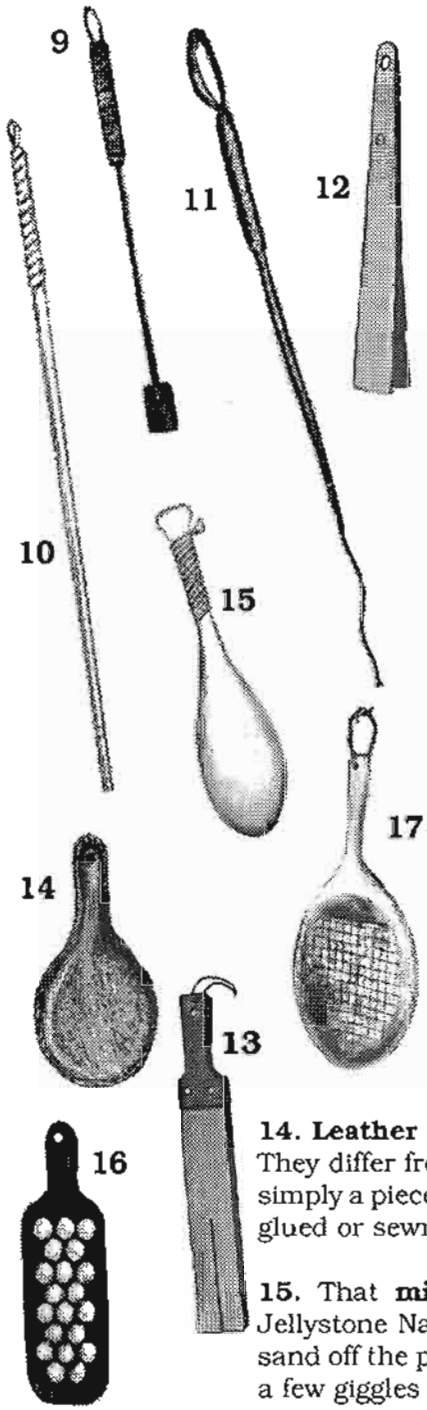
6. Rubber whips have a stingy, cutting feel like fire, they can make even rope whips seem like a stroll in the park.



7. Signal whip -- The crack of these single lash terrors will awaken the sleepiest submissive and the sting feels like something akin to napalm. Signal whips are used to train dogs and are usually three to four feet in length. The one pictured is a snake whip, or black snake, flexible all the way to the butt. It takes skill and a lot of practice to control one of these beauties. Don't you dare use one without training.



8. A **bullwhip** of the Simon Legree type is good for show, to evoke fear, and for its sound. Honestly though, how many people have the free space required to swing a 12 foot whip or a real desire to reduce a sub to strip steaks? A few very proficient players do, however, know how to use bull-whip in a scene.



9. Riding crops, usually just called crops, are traditional SM toys. Dominants strike with the shaft and the leather flap at the end. They are relatively easy to use, but require practice for accuracy. Both thuddy and stingy under a full stroke, crops can be deadlier than they look.

10. Canes were a traditional fixture in European classrooms of old. Canes are usually made of rattan. Nylon and other synthetics are beginning to be used, as well. The synthetics are far denser than rattan, therefore, they do deeper bruising. Canes require careful training and extensive practice. Used incorrectly, they can severely cut a bottom, but used well they can provide addictively exquisite pain. Ummmmmm!

11. A **buggy whip**, or dressage whip can inflict significant pain or simply be used to tease by tickling with the fuzzy tip or whistling through the air for fear value. It is constructed like a crop, though rather longer, with a string or woven cracker on the end.

12. The term **slapper** usually refers to a semi-flexible leather paddle. They are frequently two pieces of thick, stiff leather attached at the top to form a handle. They vary in feel from moderate to heavy, depending upon their construction. Slappers and paddles are much easier to control than whips.

13. The original Scottish **tawse** was used to discipline naughty schoolboys. It is a thick leather strap with one or more slits cut into the business end.

14. Leather paddles are generally inexpensive and a good basic toy. They differ from slappers in that they are not at all flexible. Some are simply a piece of shoe-sole leather. Others are made from thinner hides glued or sewn around a wooden or metal core.

15. That **miniature oar** that you picked up as a souvenir from Jellystone National Park makes a terrific paddle. It might be wise to sand off the picture of Yogi and varnish it again, unless you don't mind a few giggles mixed in with the moans.

16. The **studded paddle** looks fearsome, but closer inspection reveals that the studs are rounded with no edges that can cut. Still, it is intense enough to inspire a good, healthy respect.

17. Finally, there is a decent use for that nasty piece of sports equipment, the **wooden game paddle**. Really now, doesn't it sound like a lot more fun to work up a sweat over a helplessly bound lass, than to chase a stupid rubber ball? Not that we have anything against rubber balls; they make lovely gags.



Dressing For Pleasure Boutique in Upper Montclair, NJ carries a huge array of fetish fashions in leather and rubber, bondage toys, SM gear, books and videos. It even has a room devoted to fetish-related fine art. More than a store, DFP sponsors fashion shows and scene events. (Photo of Ms. Marie Constance, proprietor, at a DFP gala weekend courtesy of Dressing For Pleasure)

Where to get your goodies

SM retailers and boutiques catering to the fetish community are rarer than vanilla sex shops, but have toys, clothes, and books that are hard to obtain elsewhere. Many of them also do a brisk mail order business, so, the most esoteric of sadomasochistic gear is obtainable even in Bumblefuck, Nebraska. For variety and one-stop shopping it's hard to beat these bizarre bazaars. You also get the benefit of their expertise and advice. Some of these same items can be purchased elsewhere at a lower cost, but this requires some research. (Check out our source lists.)

The typical sex shop carries sexy lingerie, a variety of dildos and vibrators but few SM items. The whips and crops, if any, that are carried are usually poorly made and more

for show than real use. However, often items such as alligator or butterfly nipple clips are cheaper in vanilla sex shops than where SM is the specialty of the house.

The tide seems to be turning, though! Famed vibrator magnate, Doc Johnson has begun to foray into the dark, dungeon lair. We just saw some of his latest offerings which include leather head harnesses, ball gags, and a couple of rather pathetic cat o'nines all decked out in slick bubble packaging with "Made in China" stickers on them. K-Mart is, no doubt, eying the market with a lusty leer.

Whipmakers, leather craftsman, and furniture makers sell their art to individuals directly or through the mail, as well as to stores. The most famous and skilled of these, while not cheap, are less expensively ordered from directly than through resale at the SM store. To be fair to the retailer, though, less well known, but highly competent artisans are everywhere. Word of mouth and association with reliable retailers are often their only source of distribution and advertisement. Craftspeople tend to leave the market sporadically or move away without a trace. Finding these people can be a chore. Even the list we provide in our appendix may be out of date by the time you read it. Still, the all-time greats; Adam and Gillian, Janette Heartwood, J. Marston, Northbound Leather, and several others seem to have the staying power to provide some stability to the marketplace.

Tandy Leather outlets are found in every state and several countries. While there are cheaper places to buy leather, for most people this is the easiest source for leather, leather crafting tools, and supplies, as well as buckles, rings, and whatnot.

Hardware stores and lumber yards are two of our favorite places for browsing. These are the places to buy rope, chain, rings, and hooks. Not to mention dowels, PVC pipe, and other materials for fabricating spreader bars and other devices. We frequently just walk up and down the aisles seeking new objects to pervert to our uses.

Equestrian, tack, and harness shops are best places to buy riding crops, buggy whips, and horse-hair fly-whisks. While they can be purchased at adult and SM stores they are significantly cheaper here. If you can find a place run by an old fashioned harness-maker, you can sometimes convince him to make you custom devices at a very reasonable price.

When you want a winch to winch your wench go to a marine supply store. Here you can find pulleys, tie downs, and weight-bearing equipment. Fishing rod blanks make good excellent fiber glass canes. (A fishing rod blank is the shaft of a rod before the line keepers are tied on.) Gun shops sell locking cases for their weaponry that are inexpensive and terrific for carrying toys discreetly. Isn't it odd that we would disguise pleasure items as assault weapons to garner social acceptability?

Sporting goods, camping stores, and the aforementioned vendors catering to the rescue squads sell nylon webbing, rope, and mountain climbing gear, all of which are great for bondage. A climber's harness for suspension makes sense if you do not require the look of leather and steel. You can be assured that these items are properly made to support and distribute human weight. Weight-lifter's lumbar support belts with the addition of D-rings are more than passable bondage belts.

For decorative chain that will bear no weight try the pet department of your local discount store. Collars can be found here also. Pets stores carry basically the same thing at a higher price. Do not overlook toy departments as a source. Flea markets, garage sales, and renaissance fairs can provide some interesting items, too. Creative toy shopping is all just a matter of reevaluating what you see.

Found objects

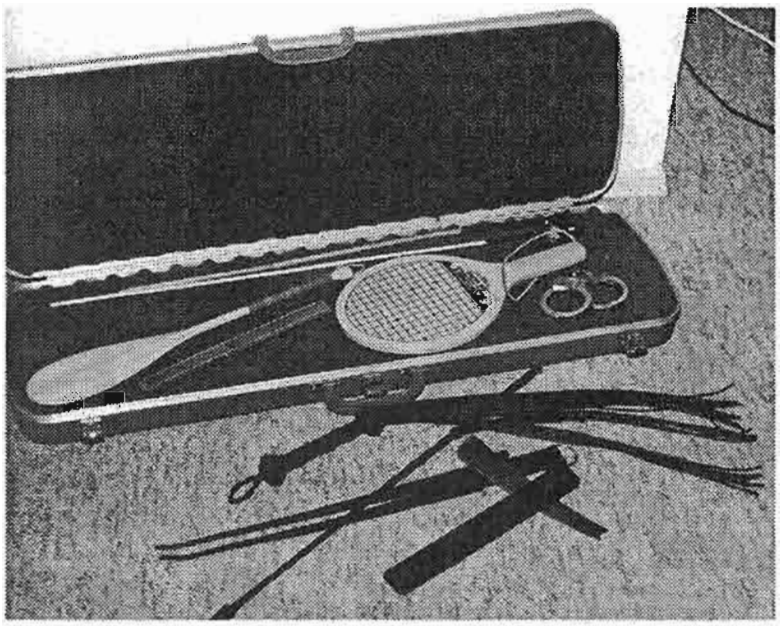
Before you put your sister up for sale so you can afford to equip your dungeon, consider alternatives found around the house. While we admit that we don't know how

horrible your sister is, we figure you might prefer to spend your savings on a vacation in the Bahamas, instead. As the artist learns to look at everyday objects with a fresh viewpoint, so does the sadomasochist. Let's see what every household has to offer.

Scarves, dishtowels, and cloth diapers are fine as blindfolds, gags, and cuffs. Clothesline, belts, sashes, plastic wrap, and duct tape are dandy for bondage. Rubber bands around a breast are quite wonderfully evil.

Hairdryers and candles can add a bit of heat to your ardor. Ice is nice dripped or rubbed on various organs, and popsicles are just flavored ice in a convenient shape with a handle. (Use popsicles carefully, please. Pieces can break off inside someone and may damage mucous membranes before melting. Also, only use the sugarless kind vaginally or yeast infections may result.) Belts and rope can take the place of whips. Wooden spoons, ping-pong rackets, wooden rulers, plastic spatulas and breadboards make quite acceptable paddles.

The clothespin is a reasonable substitute for the nipple clip. It is cheap, readily available, and easy to use almost anywhere on the submissive's body. A simple toothpick to a blindfolded victim feels like a needle. Plucking a body hair with tweezers also gives the illusion of being pricked with needles. Broom straws are great for tickling and teasing. Feather dusters and silk scarves are excellent for sensual massage.



Traveling with toys

If you get into the public scene, you will want to take your toys to parties. Gun cases, fishing rods cases, and sports bags are all typically used to schlep stuff. You can turn a garment bag into a nifty case for whips by adding hooks to the wooden hanger.

While you may consider these implements merely tools for making your honey cream with delight, the powers that be oft view these items as less than benign. In most states metal handcuffs and shackles are considered weapons and illegal for private individuals to own. Considering that, it is amusing how easy they are to obtain.

While driving, always lock your stuff in the trunk of your car. If stopped for a violation, any item sitting on a car seat that seems curious to a police officer can be opened and examined. To open a locked trunk requires a warrant. While owning these toys may not be illegal, they may illicit some questions that are a nuisance.

When forced to explain the ownership of whips, collars and such, we have heard the following excuses used to varying degrees of success: That you are a theater person, member of a rock band, or a costume maker and these are props. Claim membership of the Society for Creative Anachronism (SCA) or participation in a renaissance fair.

Whatever you say, try to say it with a straight face. Most people merely respond when questioned about their gear with a blush, a wink, or both.

Airports are of particular concern to many. Molly went to visit a friend in a distant city; her air carry-on was heavy with chains, collars, cuffs, and whips. Her mind was filled with images of setting off the airport security system. Her fertile imagination saw her having to open her bag, being subjected to questioning, even being subjected to a body cavity search. Molly was both relieved and mildly disappointed that nothing happened, but at least she drew a knowing smile from the attendant as her stuff passed x-ray.

Be especially careful if going overseas to check on the legality of bringing these items into another country. Canada has laws regulating the importation of sexually related articles as do several other countries. If you violate these laws confiscation may be the least of your concerns.

Making your own toys

Leather tips

Following are some designs for simple devices you can make yourself. Here are a few general tips on working leather.

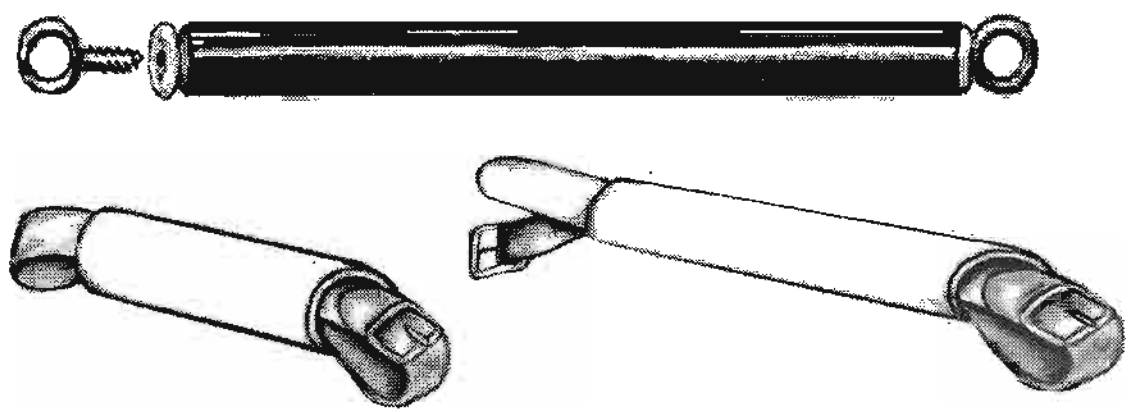
1) Cut leather from the finished side using a very sharp tool and a metal ruler. Cutting wheels are nice, but leather dulls blades quickly. Your best bet is a utility knife with changeable blades. These are cheap and you can get the blades in packs of a hundred.

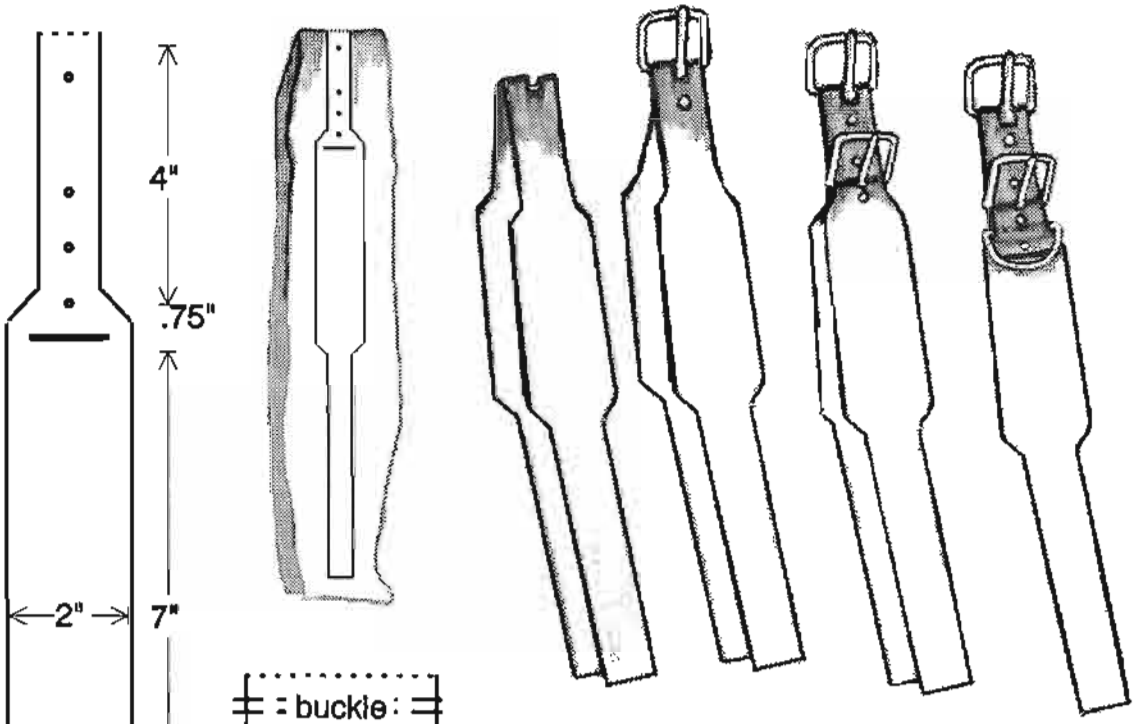
2) Don't expect glue or pressure-closed rivets to bear weight or withstand much stress. Tandy sells keyposts that, when screwed together with a drop of glue hold very securely.

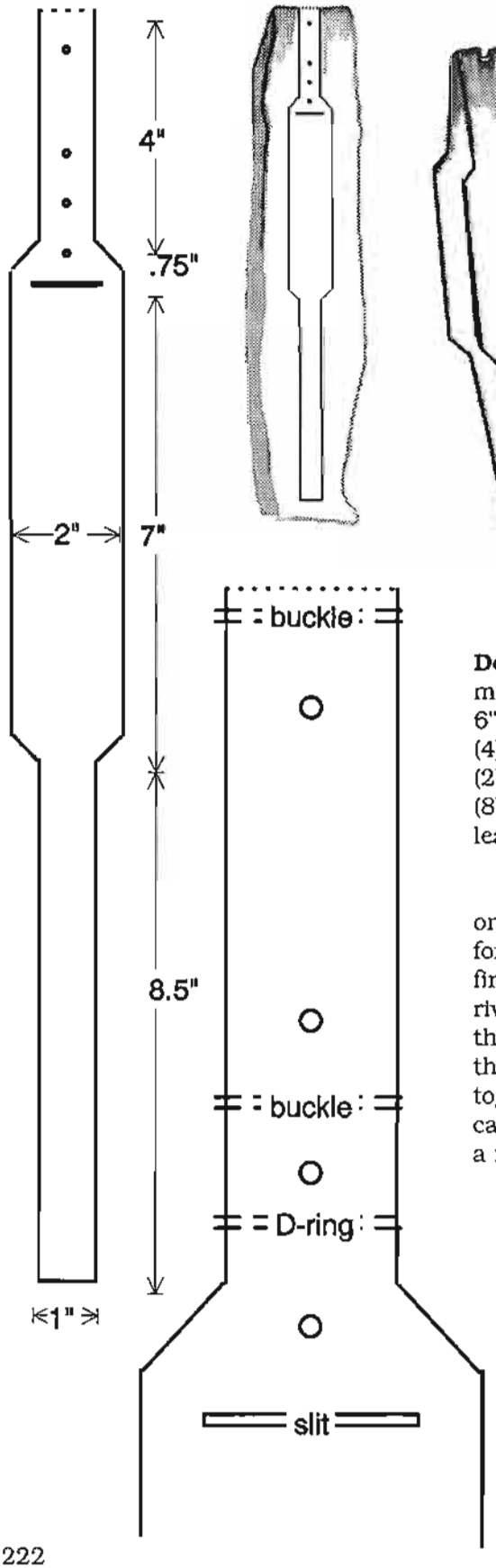
3) Never sew any leather, except very light, soft garment leathers or suede on a home sewing machine. Besides breaking a zillion needles that are supposed to work for leather, you may burn out the motor.

Spreader bars

The most common spreader bar is made by simply adding screweyes to a wooden dowel. You can give the spreader bar a more finished appearance by painting the dowel and using decorative washers at the ends. An equally simple short spreader bar is made by using a belt inside a length of PVC pipe. For a longer spreader bar use two belts running in opposite directions inside PVC pipe.

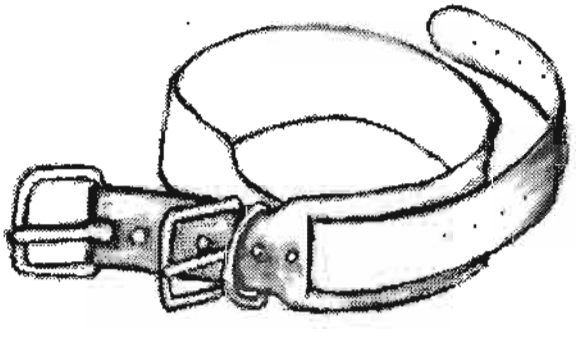


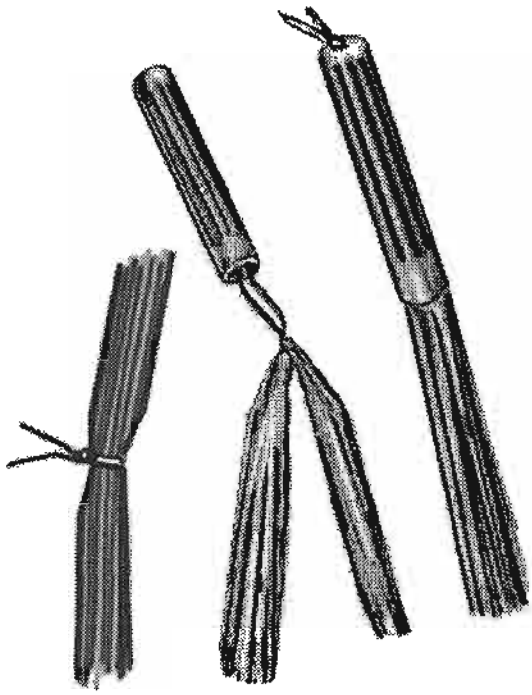




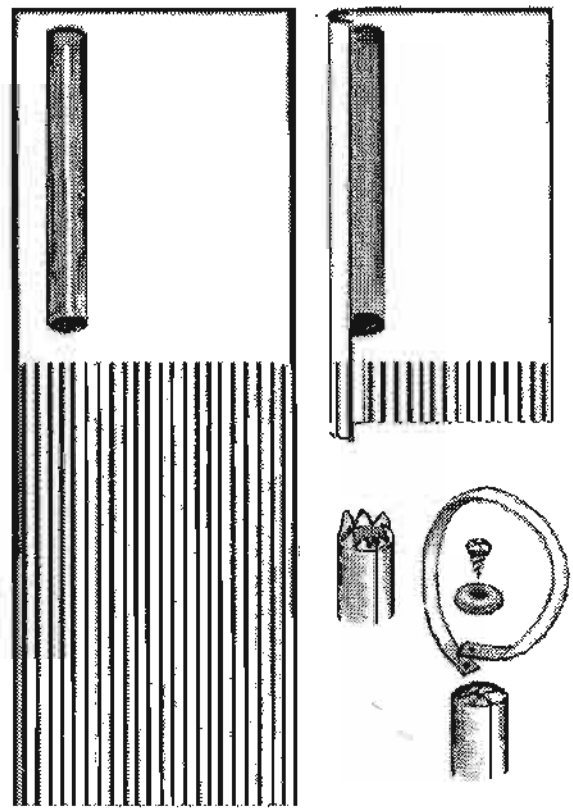
Double-wrap suede cuffs
materials for one pair:
6" x 42" suede (or soft leather like deerskin)
(4) 1" buckles
(2) 1" D-ring
(8) rivets
leather glue

Make a paper pattern as shown here, lay on folded suede and cut. This pattern is sized for wrist cuffs for women and small men. Put first buckle at fold, glue, and put in first two rivets. Place second buckle, glue, and rivet. Place the D-ring, glue, and add final rivet. Glue down the remaining part. Cut the slit after cuff is glued together. If you have a sewing machine sewing can replace rivets. Sewing around the edges gives a more finished appearance.

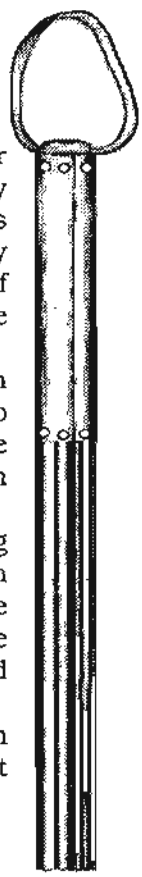




Bicycle handle whip



Basic wooden dowel whip



Simple whips

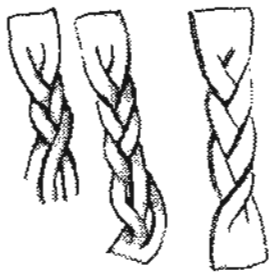
To make a bicycle handle whip simply gather a group of thongs. For thongs use strips of deerskin or suede, rawhide shoe laces (a nasty stingy whip), or soft nylon drapery cord. If you use nylon cord do not melt the ends as this will create hard tips. Instead, whip the ends (page 108) with embroidery floss, or for a really sensual toy allow the cord to unravel. Tie the group of thongs tightly in the middle with a cord. Pull the cord through the hole in the top of the handle and make a knot.

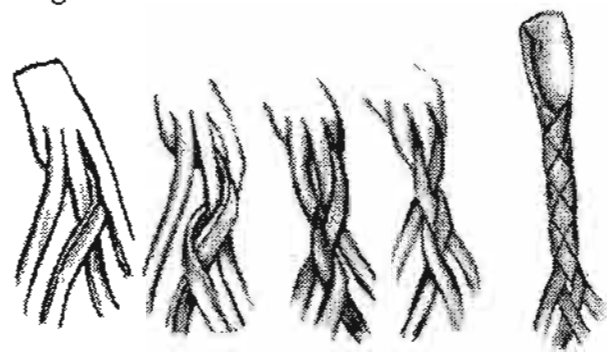
The next whip uses a wooden dowel one-half to three-quarters inch in diameter and eight to ten inches long. Cut a rectangle of leather twentyfor to thirtytwo inches long and six to ten inches wide. Cut the bottom portion of the rectangle into even strips about a quarter-inch wide. The top and uncut portion should be one inch longer than your dowel.

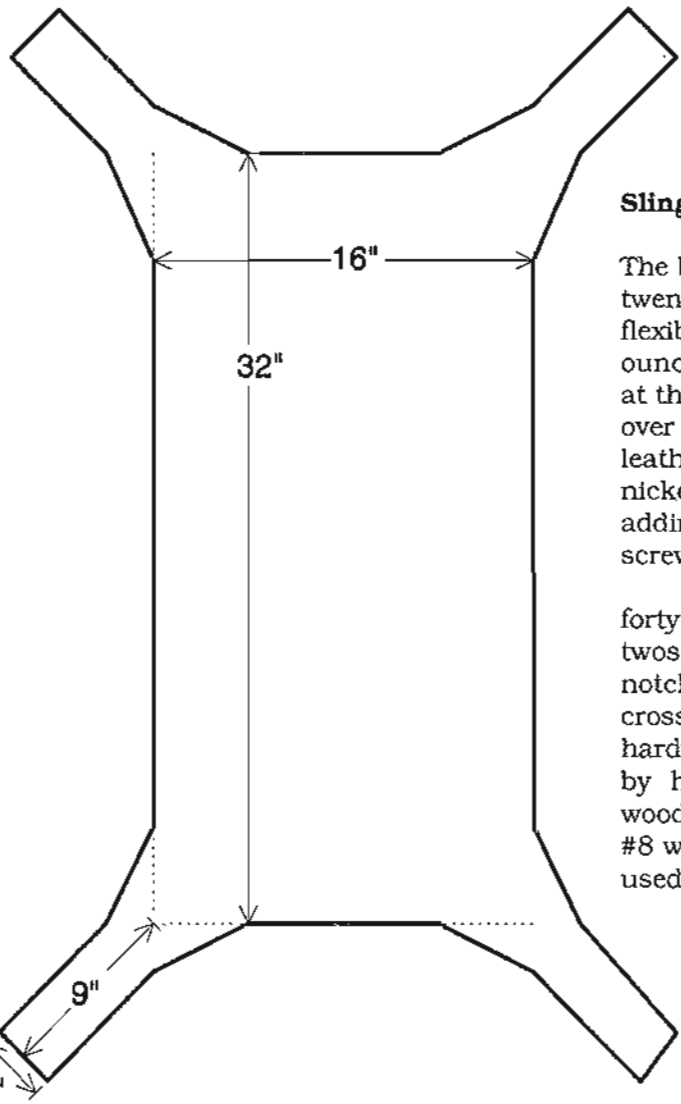
Wrap and glue (Tandy leather glue) the leather around the dowel leaving one half inch at the top. The wrap should be as tight and even as you can make it. Use decorative upholstery tacks around the top and bottom of the dowel. Finish the top by cutting triangles in the left over leather, fold and glue down. At the top add a quarter-inch strip of leather, a decorative washer and a wood screw (you may want to cover the wood screw with a dot of leather).

There are variations you can make to improve this basic whip. You can weight the whip by drilling out the dowel and filling with a mixture of lead shot and glue, then capping with a wood peg. You can add decorative knots and fancier handle treatments.

If you continue to experiment with whipmaking you will eventually want to handle the fall portion of leather separately from the handle portion. You may wish to try making braided whips. There are basically two types of braids. The flat braid is made from three thongs and can be created from one piece of leather (sometimes called a "magic braid"). The round braid is woven from four thongs.





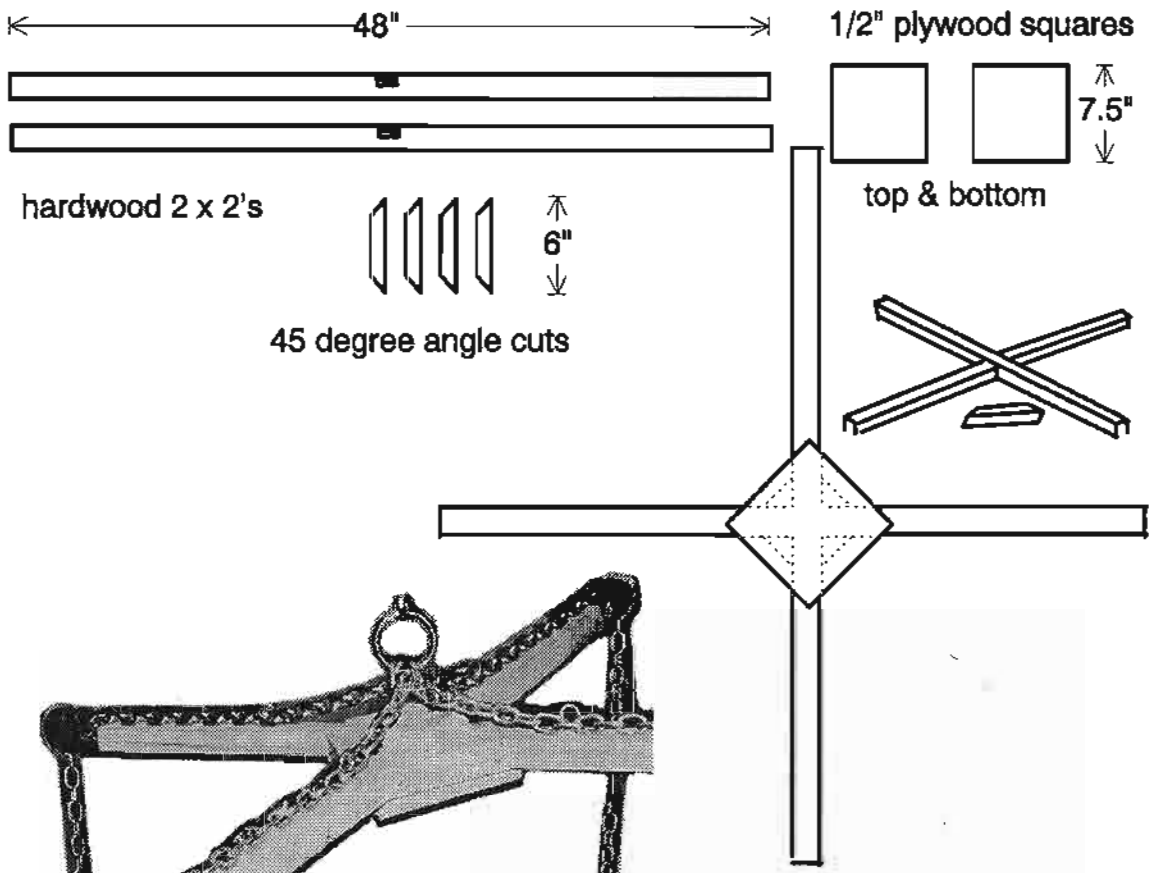


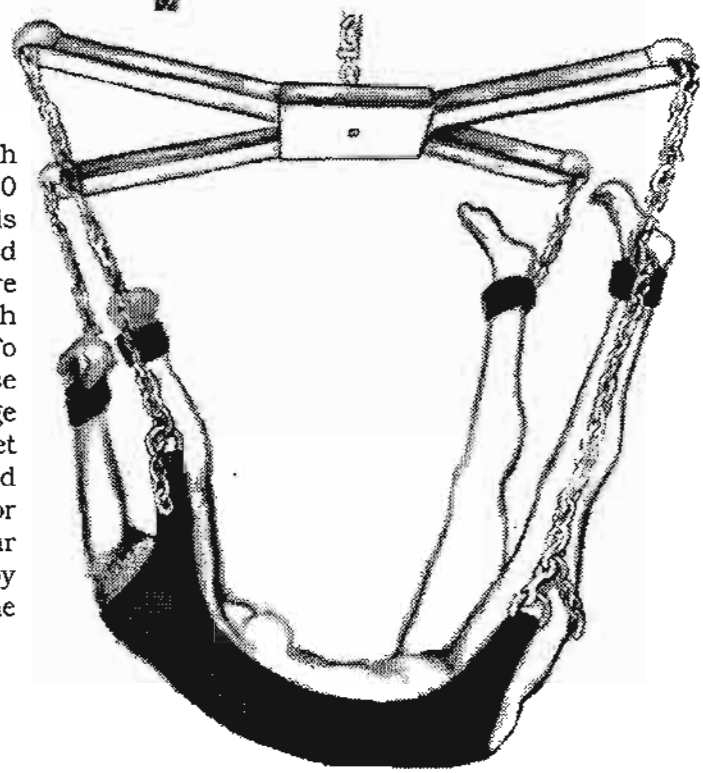


Sling

The sling is made in two parts. The bottom is cut from a fifty inch by twenty-two inch piece of stiff, but flexible heavy leather (nine-twelve ounce). Two inch D-rings are fastened at the corners. To attach D-rings fold over four inches, glue down (Tandy leather glue). Use at least three heavy nickel Tandy keyposts at each corner, adding a dot of superglue when you screw them together.

The top is constructed of two forty-eight inch long, hardwood two by twos with a three-quarter-inch deep notch at the center. This four foot cross is braced inside with six inch hardwood angles and above and below by half-inch plywood squares. The wood parts are fastened together by #8 woodscrews. Wood glue should be used generously at each connection.





The four chains are each five feet long and at least 750 pound test weight. The weight is entirely on the chain; the wood cross acts as a spacer. Chains are fastened to a center four-inch welded steel ring by easylinks. To attach chains to the cross use lagbolts or wood screws with large washers, at top of cross two feet from center and at each end. Pad ends of cross with leather, cloth or foam rubber to avoid scuffing your ceiling. The leather sling can by hung at convenient height from the chains by quicklinks.

GLOSSARY

Age play - A type of role play to gratify a fetish surrounding age; typically daddy/child or mommy/child fantasies [see also: Infantilism]

Algolagnia - The act of transforming pain into sexual pleasure. A synonym for sadomasochism (SM). [see Sadism, sadist; Sadomasochism; Masochism, masochist]

Alternative sexuality - A sexual orientation that differs from a preference for vaginal intercourse (with minor variations) within a monogamous heterosexual relationship.

Alternative lifestyle - Having a sexuality that differs significantly from the "norm" (see Alternative sexuality) may make an alternative lifestyle necessary or desirable. A sexual orientation less common than the norm may stigmatize the individual pushing the person to seek a more accepting subculture. An example is homosexuality and the formation of the gay community.

Anal play - Any sexual or fetish practice concerning the anus and/or rectum, chiefly includes: anal sex, rimming, enema play, and anal fisting.

Anal training - Preparation of the anus for anal play.

Anilingus - Anal-oral sex. Dental dam or plastic wrap is helpful for preventing exchange of harmful organisms.

Animal play - Role playing wherein one or both partners assumes the role of an animal, chiefly: puppy, dog, and pony.

Asphyxiation play - Restricting air (and/or blood) flow by choking to enhance the sensation of orgasm. Very dangerous play, we don't recommend it.

BDSM - Once upon a time this was all called Sadomasochism (SM, S/M or S&M) and we were all deemed very bad, sick, perverted people. We were just people though, as horny as everyone is, with a little kink to make us special. But some of us didn't want to be called sick, bad perverts and these people invented names like Dominance and Submission (D&S, DS or D/s), Love Bondage (Love Bondage) and Bondage and Discipline (B&D) to make themselves and the pleasure police think that what they did was different from what those sad, twisted, nasty old sadomasochists did, no no! Then we all got online with our personal computers (well, a lot of us did) and began doing what people do best when they're not having sex: argue. For months arguments about labels for our kinks clogged up the computer networks.

Finally, the term BDSM was born. This made many kinky people happy because it incorporated Bondage and Discipline (BD), Dominance and Submission (DS) and Sadomasochism (SM). We told the Love Bondage set that we loved them very much. To prove it, we tied them all up and dumped them in a deserted warehouse in East L.A. where we kept them bound in a circle whining Barry Manilow tunes from behind their gags. Did the arguments stop? Fat chance. Most of us, though, have found other things to argue about between sexual encounters.

Black lightning - A common nickname for a black fiber glass or resin rod that is used as a cane. Denser than rattan, it can inflict deeper damage and the feel is described as "cutting." [see Cane]

Black snake - A type of single-lash whip that is flexible all the way to the knob.

Bloodsport - SM practices that result in drawing blood. Can include whipping or caning that breaks the skin, branding, cutting, and piercing.

Body fluid monogamy, body fluid bonding - A practice of sharing body fluids only between two partners in order to observe safer-sex recommendations. Commonly, the partners have been tested negative for HIV, sometimes also for hepatitis B and C. The partners may or may not play with others outside their relationship, but only by observing strict safer-sex rules. [see Safer Sex]

Bondage - Any practice involving restraints placed on the body to restrict freedom of movement.

Bondage and discipline, B&D - A classic term referring to several sexual practices including: bondage, slave training, corporal punishment, and dominant/submissive role play.

Bondage belt - A belt, usually leather with metal rings attached, to assist in performing bondage.Bondage frame - Any stationary device used to assist in performing bondage.

Bondage harness - A configuration of straps, usually leather or nylon designed to: 1) ornament the body, and 2) aid in bondage and suspension bondage.

Bottom - An SM practitioner who submits to bondage, training, role play, corporal punishment, etc., but who is not necessarily emotionally committed to his/her dominant partner (top).

Bottoming from the top - Originally a derogatory term for a top who allows his bottom to run the scene. "bottoming from the top" has become a valid style of play. Most tops experience some scenes where they prefer to take at least some direction from their bottoms. Some even prefer this style of play and may call themselves submissive sadists. [see also, Topping from the bottom]

Bottom-space or **sub-space** - A type of erotically altered consciousness (EAC) identified with feelings of falling into a state of submission. Generally, bottom- or sub-space may be characterized by, diminished ego awareness, less active cognitive behavior, surrendering of will, and/or inability to verbalize. Frequently these functions are assumed by the dominant partner who becomes the submissive's center of focus.

Brat - A bottom who enjoys struggling against control or challenging the top. Brattiness has a wide spectrum from the playful "uppity bottom" to the smart-ass masochist (which see). Some brats are "testing" their dominant, others have a desire to be "conquered and tamed", while some simply do not wish to be controlled. [see Smart-ass masochist]

Brain fade - A state of confusion and/or inability to reason experienced by the submissive. This effect usually results from psychological domination, the mind-fuck, or a deepening submissive state. [see Bottom-space, Sub-space]

Breast bondage - Tying the female breasts with cord, string, rope, rubber bands, scarves, etc. as a part of SM or erotic play. May include nipple bondage or clamping.

Breath control - Control of breathing by the dominant through use of a gas mask or similar apparatus, by choking, or by covering the mouth and nose.

Body modification - The general term for practices that reshape or ornament the body for ritual, erotic, decorative, or fetish purposes. The practices commonly include tattooing, piercing, branding, cutting, and corsetry.

Boundaries - Usually refers to limits (which see) negotiated prior to SM play.

Branding - Burning the skin, usually with heated metal, to produce scarification. Branding can be a part of a scene, ritual, or body modification. The design often consists of several unconnected lines and curves, each requiring a separate strike with heated metal, bent to form its part of the design. The reason for the unconnected lines is to assure that elements of the design do not scar into a shapeless mass; human skin heals differently than the hides of livestock.

Buggywhip - A single thong whip with a rigid core and a flexible cracker at the end.

Cage, bondage cage - Yup, a cage is a cage. These are big enough to hold the whole submissive.

Cane - Traditional canes are flexible rattan or bamboo optionally having a leather wrapped handle. Modern canes may be plastic or fiber glass.

Caning - The art of using a cane on a bottom.

Cat or **cat o' nine tails** - The term originally referred to a whip used by British navy. Now, cat usually to refers to all multi-thonged whips.

Catharsis - Purgation of emotions and or stress through an SM scene may or may not be intentional.

CHDW or **Chudwa** - Acronym for a Clueless, Horny (or Het), Dominant Wannabe (pronounced chudwa). Term of derision used on alt.sex.bondage Internet newsgroup. [see Wannabe]

Checking-in - Asking the submissive how they are doing, feeling, etc. during a scene. Specific questions get more useful answers. An affirmative response to "Are you ok?" may merely indicate that death is not impending, but there still may be problems, particularly with a macho sub. "Would you enjoy heavier (or lighter) sensations?" is a better question. In SM play "Is this good for you?" is asked during a scene rather than the typical "was it good for you?" afterwards. Checking-in should not replace a dominant's own observation and focus, it is another part of the safety net.

Cinching - 1) Wearing of a cincher, a garment similar to, but less encompassing than a corset. 2) A bondage technique, for example, to tighten coils of rope holding the wrists together by wrapping the coils between the wrists by one or more "cinch loops" of rope. (See the bondage chapter for further details.)

Clamp, clamping - Nipple clamps, clothespins, and binder clips are used to pinch or squeeze a small bit of flesh. The target areas for clamping are nipples, cocks, vulvas, and other erotically sensitive areas such as the sides of the torso and inner thighs. Weights can be added to increase the rigor.

Clip - [see Clamp, Clamping]

Clean - A code word used to describe a condition of being disease free. [see Code word]

Clueless - Being without understanding of a given topic. Also, a person without this understanding. [see True Master]

Cock and ball torture or **CBT** - Tortures are inflicted on these body parts using clothespins, clamps, cock cages, weight, and various kinds of bindings.

Code word(s) - Word(s) used in personal ads to disguise sexual proclivities that may be unacceptable to mainstream society, eg: English culture, French culture, Greek, clean, discipline, strict, leather, etc.

Collar, collared - 1) A symbol of surrender worn by a submissive. A collar is given in a relationship as a profound symbol of a commitment and bond. A "collared" submissive is considered to be owned (which see) or partnered with a dominant player. 2) A piece of bondage equipment worn around the throat.

Conditional compliance - The SM one-nighter, a limited exchange of power negotiated by a dom and sub for a single scene or brief period of play, such as overnight, one day, or one weekend. [see Power exchange levels]

Conditioning - The term used in psychology for the deliberate process of creating a psychological link between a desired response and an unrelated stimulus. Much of what people in the SM community refer to as training or slave training uses classic conditioning techniques. Psych 101 would have a huge enrollment if university professors realized that training a sub to orgasm on command is a lot more interesting than training pigeons to play ping-pong.

Condom - A latex sheath used on a penis or toy as a barrier to prevent the transmission of disease or pregnancy. Natural lambskin condoms are also available, but don't function effectively to prevent the spread of viral illness. [see Safer Sex]

Consensual - Behavior or activities agreed to by all parties involved. True consent is informed consent and requires a reasonably accurate knowledge of possible risks.

Contrapolar stimulation "Hurts so good!" - A type of physical stimulation that incorporates feeling of both pleasure and pain.

Corporal - Activities that involve the striking of one individual by another are called corporal from the term corporal punishment. Typically corporal activities include spanking, flogging, paddling, and caning.

Counting - The ritualized counting of strokes received. The sub may be required to thank the dominant with each count. Example: "One, thank you Sir. Two, thank you Sir, etc." A typically diabolic practice

is to start the count over again each time a mistake is made. Some masochists never seem to get the count correct, even with their shoes off.

Covenant of dominance and submission - A deeply committed symbiotic relationship between a dominant and a submissive. [see Levels of power exchange]

Crossdressing - Dressing in clothes of the opposite gender.

Crucifixion - Bondage incorporating a stationary cross. The submissive's arms and legs are tied, not nailed. Care must be taken to ensure that the torso is properly supported, otherwise, strangulation may occur.

Cuff, cuffing - 1) Placing handcuffs, manacles, or similar restraints on the wrists and/or ankles. 2) Also refers to the restraints in the noun form. For example: "That is a nice cuff you're wearing," or "This cuffing is very comfy."

Cutting - 1) Slicing the skin as a part of body modification, ritual, or scene. Most frequently, designs are transferred to the skin as they would be for the creation of a tattoo. Then either scalpels, razor blades, art knives, or other cutting tool incise the skin at a depth of 1/16" to 3/16." Cuttings can include color by means of tattoo inks or cigar (not cigarette) ash rubbed into the fresh wounds. Care should always be taken to insure sterile conditions. 2) The breaking of skin by use of a corporal instrument. Single lash whips, canes, crops and others can cut if used improperly. 3) The deep stingy feel of some toys.

Dental dam - A latex barrier used for cunnilingus or anilingus to prevent disease transmission. Plastic food wrap is an inexpensive, but satisfactory, substitute.

Derivative pleasure, immediate/delayed - Corporal strokes that are painful at impact, but pleasurable following initial execution. An immediately derived pleasure stroke feels good right after the impact. Delayed derivative pleasure is an accumulation of painful strokes that explodes into sexual heat some time later.

Discipline - The "D" in B&D that can mean; 1) punishment 2) structured training of a submissive.

Do-me queen/king - A bottom that takes passive delight from the physical activities of scening without a desire to give submission or pleasure in return.

Dominance, dominance & submission, D/S, D&S - The consensual empowerment of one partner by the other for erotic enhancement. Dominance and submission are the psychological and emotional underpinnings of SM. [see Power exchange]

Dominant, Dom, Domme, Domina, Dominatrix - The person who is given control in a consensual exchange of power. Domme, Domina, and Dominatrix refers to women. Dominant, or Dom can refer to either gender.

Dressing for Pleasure, DFP - 1) An annual, international fetish community event featuring a weekend of socializing, workshops, boutiques, a fashion show and a ball. This convention of the strange and wonderful is sponsored by a SM boutique in Upper Montclair, NJ by the same name. The proprietress of the DFP is the world renowned dominant, Marie Constance.

Edge play - Erotic role play near or at the edge of a submissive's or dominant's limits. The term also refers to activities that carry a higher than usual element of risk. .

Electro-torture - The use of electrical stimulation to create a desired physical sensation.

Emotional buttons, emotional triggers - Associations with words, behaviors, or activities that provoke a strong emotional reaction. Dominants will do well to become familiar with the unique triggers of his submissive. It is important to know, as much as possible, which buttons evoke positive and negative responses.

Endorphins, endorphin high - Endorphins are substances created by the body to help endure pain or stress. Entirely natural, but theoretically similar in feel to opiates. The body's release of endorphins may create a feeling of well-being, even intoxication, which is called an endorphin high. People differ dramatically in their ability to release endorphins. The possibility of addiction to endorphins has been conjectured.

Enema - The instrument used for, or the act of injecting fluid into the anus to flush the lower intestines. Some people include enemas in SM scenes for humiliation, for preparation for other activities (such as fisting or anal sex), and/or simply because they may enjoy the sensation.

English - An code word for spanking or corporal punishment sometimes used in ads. We will have achieved social acceptance when ads in mainstream papers can say, "Romantic sadist seeks masochist lover," instead of nonsense like, "devotee of English culture seeks receptive partner."

Erotic power - Erotic power is like potential energy, becoming significant only when it is exchanged or used to empower a dominant by the transfer of control. [see Power exchange]

Erotic pain - Stimuli that are painful under normal circumstances, but are pleasurable or arousing in a sexual context.

Erotic restraint - Restricting movement for erotic play. Also, refers to the devices used for said purpose.

Erotic surrender - The sexually motivated gift of control of one's self (within negotiated limits) to one's partner. A more accurately descriptive phrase for submission.

Erotically altered consciousness, EAC - Any one of several altered states of consciousness achieved by erotic stimulation. [see: Bottom-space, Sub-space; Endorphin high, Flying, Top-space]

Erotocomatose lucidity - Term coined by Aleister Crowley to describe the state of mind resulting from sexual practices used by his followers of Sexual Magik. We believe it to be the erotically altered consciousness (EAC) that we call flying (which see).

Fang-chung shu (arts of the inner chamber) - The collective term for Taoist (Chinese) sexual techniques practiced to achieve unity with the Tao and/or immortality. They are said to have induced altered states of consciousness. Ho-ch'i (unification of breaths) is a technique of fang-chung shu. The goals and techniques of the fang-chung shu are similar to some employed in SM.

Fetish - A sexual fixation on an activity or object.

Fetish community - The name given to that group of people having an alternate sexual or gender orientation, but excluding the (vanilla) gay and lesbian communities.

Fire & ice - The use of hot and cold for sexual stimulation, especially hot wax dripped from a candle and ice applied to the skin.

Fisting - Insertion of the entire hand into the vagina (vaginal fisting) or the anus (anal fisting).

Flagellation - The act of whipping a human being.

Flogger, flogging - An unbraided multi-thonged whip is a flogger. To whip using a flogger or other corporal instruments.

Flying - A transcendent state of consciousness sometimes achieved during an SM scene. This rapturous state has been so often described in a similar manner by independent sources that we have no doubt of the validity of the experience. Feelings described by the submissive seem similar to that of out of body experiences and often include a psychic link to the dom. Most commonly, this link is felt as either a tether to the dominant or as a feeling of being surrounded and protected by the dom's presence or consciousness. Elation and spaciness experienced after flying may be felt for hours, even days after the session has ended.

French - A common code word for kissing involving the tongue, cunnilingus, and fellatio.

Foot fetish, foot worship - A sexual obsession directed toward the feet and/or shoes.

Forced oral, forced sex - Sexual role play where the dom pretends to force an activity that the sub pretends they are under duress to perform. It involves a shared suspension of reality. (A dom only "forces" the sub to perform activities he or she has requested.)

Gag, gaggage - devices that are inserted in or cover the mouth to muffle sound.

Gear - Toys, props, clothes and what-have-you used for scene purposes.

Gender community - People with cross-gender fantasies or cross-gender identification. Cross-dressers, transvestites, and transsexuals make up the gender community.

Gender orientation - Gender orientation is an issue apart from sexual orientation. It is self-identification and feelings of maleness or femaleness, rather than issues of sexual attraction. A person with an alternate gender orientation may or may not have an alternate sexual orientation. For example: a transvestite or a transsexual may be either heterosexual or gay.

Gender play - To dress up or take the role of the opposite sex during a scene. [see Sissification]

German - A code word for Sadomasochistic desires.

Golden shower - Urination on or in another person.

Gorean - The term comes from a series of books written by John Norman about an imaginary planet called Gor. The slave culture described in these novels has acquired a cult following and Gorean elements are used in some SM fantasy role play.

Greek - The code word for anal sexual activities.

Handcuffs - These metal shackles are used to bind wrists by law enforcement personal, legally, and by sadomasochists, covertly. Handcuffs are considered weapons and illegal to own in most states, but are easy to buy and commonly used.

Head games - 1) Domination where the focus is primarily mental, such as humiliation, rather than physical, such as bondage or whipping. 2) Non-consensual psychological manipulation to make a person respond in a particular way for one's own purposes.

Heavy - 1) Intense SM play or whipping. 2) A term describing an SM toy such as a flogger or cane that is capable of delivering intense sensations.

Hedonic engineering - A phrase coined by Timothy ("turn on, tune in, drop out") Leary and Robert Anton Wilson to describe techniques of sexual reimprinting to overcome negative sexual imprinting by societal and/or parental influences. Some people use Leary's and Wilson's techniques in their scenes.

Hood - A covering for the head. Hoods used in SM are made of various materials, especially: leather, spandex, and rubber. Some hoods are constructed as ornamentation, others are used as a part of bondage to control or restrict sight, sound, speech (by incorporating a gag), and/or breathing.

Humiliation - Playful embarrassment or humbling a person by teasing them about their sexual desires can be part of erotic control. Humiliation in SM can paradoxically build a person's self-esteem rather than tearing it down by reinforcing their sexuality. Real attacks on a person's self-worth or sexuality, or manipulations designed to break their spirit are abuse not within the appropriate practice of SM.

Infantilism - Role play involving infant-like behavior such as diaper wearing, nursing, etc.

In-role - Assuming the persona of a sexual archetype or fantasy character.

Isolation - 1) A fear of interrelating with others. People are often: a) afraid to "come out" about their attraction to SM out of fear of societal repercussions, or b) they may think that no one shares their

attraction to a particular SM (or other sexual) practice. In both cases, this can lead to feelings of inadequacy, self-doubt, depression, and/or loneliness. 2) A technique of sensory deprivation, bondage, and trickery to make a submissive feel as though he or she is being left alone.

Japanese bondage - [see Oriental bondage, rope dress]

Kajira - A term taken from John Norman's Gore series to refer to a Gorean female pleasure slave.

Katherine wheel - A piece of dungeon equipment that looks like a large, vertically mounted wheel to which a submissive is bound, allowing her to be turned or spun. Warning: not for use with the sub that is inclined toward motion sickness.

Knifeplay - Play that includes the use of a knife (does not necessarily imply cutting). Knives are more often used as props for psychological effect, to scrap wax from a body after a fire and ice scene, to remove clothing, and endless other devious purposes.

Latex - Latex and rubber are used to make clothing, sheets and other fetish items.

Leather, Leather sex, Leather lifestyle - We dress conspicuously in leather, bind each other with straps of it, and whack each other with leather toys. This might be why leather has become synonymous with SM. Duh.

Leather butt - 1) A term that describes a person who has been beaten so often that only intense whipping has any effect. 2) The condition of the buttocks after heavy paddling. The skin compresses and becomes stiff or "leathery" to the touch. The compression effect is most pronounced with paddles, so leather butt can be avoided by using a mixture of implements.

Lifestyler - A person who lives a lifestyle that supports rather than conflicts with his SM fantasy archetype. Some lifestylers object to the characterization of their SM identities as fantasy role play, feeling that it is integral to their personalities rather than a sexual game. It is easy, and often attractive, to confuse reality and fantasy. [see Alternate sexuality; Alternate lifestyle; In-role]

Limit - The boundaries of SM activities set by both dominant and submissive during negotiation defining what each is willing and unwilling to do within a scene. Limits must be respected and never intentionally breached by either partner. Limits apply to roles, levels of dominance and submission, and duration of time, as well as physical activities such as whipping, paddling, etc.

Live-in slave - A lifestyle submissive in a committed relationship who lives within the context of a slave/master (or mistress) fantasy.

Living In Leather (LIL) - A leather-SM-fetish convention held annually in the fall. This huge pansexual SM gathering includes seminars, workshops, events and parties. It is held in a different location every year. For details contact your local NLA chapter or look for advertisements in the major scene magazines.

Macho sub - A submissive with a reluctance to show distress, use a safe word, or who feels a need to stoically endure what is not pleasurable. The macho sub may be motivated by a desire to prove her mettle, show devotion, or reflect her internal fantasy. The macho sub must make sure the dom is aware of her inclinations during negotiation. The dom of a macho submissive should rely more on a checking-in technique and less on spontaneous feedback. The macho sub's saving grace is a strong desire to obey. Ordering her to communicate clearly about stress, as it occurs can override some of her reluctance to "be a wimp."

Masochism, masochist - The erotic enjoyment of pain, humiliation, and/or of being dominated. One who enjoys pain, etc. Sometimes the terms are used to describe one who enjoys heavier pain.

Master - A male that takes the dominant role in SM role play. The title may be bestowed upon the male dominant in appreciation of his skill. It may be a term of endearment or a loving tribute to a dom by a submissive in a relationship. Equally often, the term is self-aggrandizement by a male with dominant fantasies, not infrequently with "true" or "real" tacked in front.

Mental bondage - Ropeless bondage by command. A submissive instructed by her dominant to remain in position will feel bound to obey.

Mind - The predominant human sex organ.

Mistress - A female dominant. [see Dominant, Dom, Domme, Domina, Dominatrix]

My kink is okay, yours is not - A self-limiting and community-destructive attitude amongst intolerant SM practitioners. It is always best, and polite, to reserve judgment about someone's sexuality and interests. Every kink, no matter how mild or far-out, will offend some and delight others.

Mummification - A bondage technique of completely or almost completely wrapping a submissive in restrictive material, such as; plastic wrap, spandex, elastic or gauze bandages, etc.

Negotiation - The process of determining the practices and boundaries of sexual and SM activities between a top and a bottom. It may apply to the whole relationship or just a specific scene. Negotiating is an ongoing process that is repeated as the players' needs change.

"9 1/2 Weeks" - A book about an erotic, but abusive SM relationship and a movie made from the book. There is some debate whether the story is based on reality or is pure fiction, but the kind of events depicted can and do happen to real people.

Nipple clamps, nipple clips - [see Clamp, Clamping]

Nipple play/torture - Stimulation of the nipples for corporal or erotic purposes. Often includes; sucking, pinching, clamping, fire and ice, or piercing.

Nonconsensual - SM play that is not sanctioned by either player.

Nostril strap - A device, usually of bent wire, with a string attached for hooking into the nostrils for humiliation and torment. Commonly used in Japanese SM.

Novice - A person with an interest in SM, but lacking in experience.

"O" fantasy - The Story of 'O by Pauline Reage telling of a young women's descent into submission and her slave training remains one of the classics of SM. Elements from this fictional piece find their way into many a fantasy. "O" is also used as a code word for SM.

Oriental bondage, rope dress - Any of a number of styles of rope bondage stemming from styles used in the Far East. Typically, the bondages are highly decorative, uniform, and symmetrical.

Over the knee, OTK - A classic spanking position. Also a code word for same.

Ownership, absolute ownership - 1) Within master/slave role play ownership means having control of the submissive. 2) Loosely used in the SM community to mean an ongoing dominant/submissive relationship. 3) Absolute ownership is a lost-in-fantasy relationship based on sadomasomythology and fictional lore.

Paddle, paddling - A rigid flat-surfaced implement usually of leather or wood used for spanking a fanny. Paddling is the act of using a paddle. A paddle is also the implement that a wise-ass masochist often finds herself up the creek without.

Pain slut - A masochist who derives pleasure from physical pain.

Pansexual - Nongender specific sexual orientation. A group that encompasses all sexual and gender orientations is said to be pansexual.

Paradise Electro Stimulation, PES - A device that electrically stimulates muscle contraction, made by a company of the same name. The base control unit regulates attachments for vaginal, rectal, penal, and

clitoral stimulation. After all the years of being screwed over by technology, finally a machine that delivers a intensely pleasurable fuck.

Pervert - One who deviates from the sexual norm. Yeah, we're perverts, and proud of it, too!

Philip - [see Toy Whore]

Piercing - Piercing the skin with a needle in an SM scene, as ritual, or as body modification. Most frequently, piercings are accompanied by the installation of jewelry. An exception to this is play piercing. In play piercing, the needle is inserted into, or through, the skin as a part of a scene, but the wound(s) are often allowed to heal without jewelry being introduced.

In play piercings, many parts of the skin may be pierced at the same time. Sometimes, the needles are left in the skin throughout the scene, tied together by string, thread, or rope, then removed at the close of the scene.

Piercings that are intended to be permanent usually are placed in sites common among people of the Near East for ornamental and erotic value. These sites are, typically: nostril and septum of the nose, ears (in the lobes, tragus, and helix), lips, nipples, along the shaft and head of the penis, the scrotum, inner and outer labia, and the hood of the clitoris. Some newer fashions of piercings include the webs between the fingers, the eyebrows, and the bridge of the nose.

Erotic piercings are said to enhance sensation to the body parts that are pierced. Raelyn Gallina, body modification expert (she performs piercings, cuttings, and brandings) and jeweler from Oakland, CA, invented a piercing called the "Triangle", which penetrates the clitoral hood on both sides, and underneath the clitoris. Thus, the ring installed contacts the clitoris in a place totally beneath the skin.

People seeking piercings are warned not to use piercing "guns", sewing needles, or safety pins. It is best to seek professional assistance which is available in most parts of the United States, Canada, and Europe. Very often, tattoo shops will be associated with professional piercers. These people have the equipment to provide sterile piercings and the knowledge to recommend proper after care.

Pillory - Handed down from the reign of the Puritans, a pillory is usually wooden-framed, free-standing stocks that imprisons the head and wrists for immobilizing a person. For use with the humiliation of your choice.

Pizzle - The dried and stretched penis of a bull, or other large animal, formed into a whip. These are actually deadly toys.

Plastic wrap - Regular, old plastic food wrap can be used for encasing the body for bondage. Unlike food, it will not keep your submissive fresh. [see Mummification]

Play - Participating in an SM scene or SM scene activity.

Playroom, Play space - Any area you designate in which to perform an SM scene. Hotel rooms, secluded woods, and delivery vans qualify as well as a permanently furnished basement or dungeon. Also referred to as dungeon space.

Play punishment - The use of punishment as an excuse for an erotic encounter. She burnt the toast that morning, forgot to say, "Sir," or some other trivial misdeed and, alas, must be corrected. Somehow, both end up getting what they crave. As a game, this beats the heck out of strip monopoly. Punishment is an erotic game that should never be used to address serious problems.

Ponygirl, Ponyboy - A classic SM fantasy immortalized in the drawings of John Willie and used in the Sleeping Beauty Trilogy by Ann Rice. Typical pony garb includes a horsehair tail attached to a buttplug, a bit gag and/or bridle headharness, and reins. Often very high heels, a corset, and feather plumes in the hair are added. The arms are typically bound behind the back. Pony activities range from being displayed and directed by rein to being ridden or pulling a cart.

Pony training - The fanciful transformation of a girl (or boy) into "pony" to be ridden, to pull a carriage, or to perform as a well-trained horse in obedience and deportment.

Position training - The training of a submissive to assume a given position upon command or under certain circumstances.

Post-scene plunge - Feelings of let-down, depression, fear, disgust, remorse, etc. after participating in SM play. Can be experienced by either dominant or submissive.Jay Wiseman, author of SM101, uses the term "Top Drop" to describe these feelings on the part of the dominant.

Power exchange - The empowerment of the dominant by the submissive's surrender to his/her control. Power exchange is consensual and should be well negotiated. The depth of the power yielded by the submissive is equal to level of responsibility assumed by the dominant.

Power exchange levels - A system for linking emotional involvement and depth of feeling with degree of power exchange. The Five Levels are: one - Conditional compliance, two - Restricted ongoing acquiescence, three - Provisional submission, four - the Covenant of dominance and submission, and five - Absolute ownership. The first four levels are based in reality.

Provisional submission - An ongoing relationship negotiated between a dom and a sub characterized by power exchange and emotional involvement, but lacking serious commitment. [see Power exchange levels]

Psychosexual - Emotionality, attitudes, orientations, or mind sets associated with erotic behavior or sexual fantasy life.

Punitive pain - Pain that by intention is designed to hurt for nonerotic purposes, usually for punishment. This is abusive and often motivated by a misunderstanding of appropriate control mechanisms.

Pushing limits - 1) A careful process of gradual expansion of limits. 2) Intense play that comes close to the unbearable. [see Edge play]

PVC - poly-vinyl-chloride - 1) A type of plastic used for fetish clothing. 2) The PVC pipes made for plumbing that can be constructed into bondage devices.

Quirt - A corporal toy that looks something like a crop with a flexible, whip-like cracker at the end.

Restricted Ongoing Acquiescence - An agreement, negotiated by a dom and sub, to play casually for an extended period of time without serious emotional involvement. [see Power exchange levels]

Rimming - Common term for anilingus (anal-oral sex).

Roissy - An imaginary place from The Story of O, by Pauline Reage, where young women were brought to be trained as slaves. Also used as a code word for SM.

Role play - 1) Elaboration of one's sexual inclinations by creating a fantasy framework for them. 2) People with compatible sexual fantasies taking on complimentary persona to interact with each other.

Rope dress - [see Oriental bondage, rope dress]

Rubber - [see Latex]

S.A.M. - [see Smart Ass Masochist]

Sadism, Sadist - Deriving sexual pleasure from the giving of pain, humiliation, and/or domination. The honorable sadist only gives pain or humiliation to those desiring it, respects limits, is caring and careful.

Sadomasochism, SM - Advanced sexual practices incorporating the consensual use of pain, humiliation, and power exchange for erotic enjoyment. SM includes dominance and submission, bondage and discipline, love bondage, and erotic spanking. The term is frequently misused to indicate heavier or more extreme practices.

Sadomasomythology - The misconceptions of society in regard to what sadomasochism actually entails. Also, an ill-informed idea about a particular practice within SM.

Safe, sane, and consensual - Characterizes the acceptable play within the SM community; players adhere to safety precautions within their activities, do not participate in practices that will injure their partners

(mentally or physically), and obtain consent by negotiating scenes and scene related activities before carrying them out.

Safe sex, Safer sex - Practicing sex wherein no body fluids are exchanged; includes the use of condoms on insertion toys as well as penises, dental dams, or plastic wrap for cunnilingus, cleanliness with regard to corporal toys, abstention from penetration, etc.

Safe word, Safe signal - A word, a phrase, or an action (like dropping a ball by a gagged submissive) used by the submissive as a signal to stop the scene or reduce the intensity.

St. Andrew's cross - An upright cross in the shape of the letter "X" to which people are bound for flogging or torture.

Scat - Feces, also, play with feces.

Scene - 1) The SM or fetish community; or things associated with it. 2) An occurrence or session of SM play.

Scene friendly - Familiarity with, and acceptance of the SM scene and SM players, usually refers to a professional's attitude (-therapist, -lawyer, etc.)

Scene gear - The SM (and often vanilla) toys we play with. [see Gear]

Sensory deprivation - Restricting or diluting a submissive's ability to use one or more of his/her senses of touch, hearing, sight, taste, or smell as a part of an SM scene.

Sensory relocation - Transferring the feeling of a stimuli to a different body location than it is received.

Sensual play - SM play that focuses on stimulating the senses without the use of pain.

Service - Acts, chores, or labor, sexual or otherwise, performed by a sub for the benefit of a dom.

Session - A scene. [see Scene]

Serpent's Tongue - A type of slapper made of a thick strap of leather, two or three inches wide, with a deep "V" cut into most of the length of the piece. Commonly, the handle will have a double thickness with a ring stitched at the end. This is a very nasty toy.

Sexual imprinting, reimprinting - There is a school of thought stating that sexual responses result from imprinting based on past associations, experiences, background, and environment, often dating back to early childhood. Altering sexual behavior by changing responses and creating new associations is a technique called reimprinting.

Sexual magic, sensual magic - Positive descriptive terms for sadomasochism.

Sexual Magick - Neo-pagan practices and rites related to the writings of Aleister Crowley involving sexuality in altering states of consciousness.

Silent alarm - A safety precaution used by players who are new to one another. For example: a submissive, playing with a dominant for the first time, might arrange for a friend to be near a telephone at a pre-arranged time. If the submissive does not call at that time, the friend will be alerted that something has gone wrong and will take steps to see that the submissive is safe.

Sissification, feminization - A practice desired by a male sub of "forced" cross-dressing and/or gender reassignment.

Slapper - A flexible semi-rigid strap used like a paddle.

Slave - 1) In the scene community sometimes used loosely as another word for submissive. 2) A submissive involved in a committed relationship incorporating a shared slave/master fantasy.

Slave contract - A written agreement elaborating the terms, goals, and limits of an SM relationship.

Slave training - The processes of; instructing a submissive in a dominant's preferences, and, conditioning the submissive's behavior.

Sling - A cross between a swing and a hammock in which a bottom may be comfortably suspended.

SM positive - An sympathetic or accepting attitude toward sadomasochism and/or SM play and players. [see Scene friendly]

SM virgin - An person with little or no experience in SM practices.

Smart Ass Masochist, SAM - A bottom, who rather than submitting, challenges or annoys to entice a dom to punish her. [see Brat]

Spandex - A very stretchable synthetic cloth used for fetish clothing and bondage gear.

Spanking - Striking a submissive, usually with an open hand, on her fanny. Some use this term to include paddling, as well.

Spanking bench - A piece of stationary equipment with attachment points to designed to secure a submissive in preparation for a spanking. Properly bound or positioned on a spanking bench, the submissive's arse is in an accessible, convenient angle for a spanking or whipping.

Spanking skirt - A skirt or dress with cut-outs over each fanny cheek, designed to allow bare-skinned spanking. The spanking skirt is a classic piece of scene-wear that enhances humiliation/exhibitionism aside from its practical application.

Spreader bar - A strong bar, usually wooden, bamboo, or metal, with rings or holes on each end, used as a bondage tool to keep a submissive's arms or legs apart.

Sting - A sharp biting feel to the surface of the skin.

Stocks - A device (usually wooden) with holes designed to imprison a submissive's wrists and head, or wrists and ankles. [see Pillory]

Stoplight safe words - A commonly used system of safe words wherein red means stop the scene immediately and release the sub, yellow warns the dominant that the current practice is pushing the submissive's endurance, and green lets the dominant know that what is happening is awfully nice and should be continued.

Straight - 1) Code word for heterosexual. 2) Adjective for someone or something that is not SM oriented. In this sense, a synonym for vanilla.

Strap - 1) As a noun, this is either a bondage restraint (usually leather with a buckle) or an instrument of corporal punishment (also, usually leather sans the buckle). 2) As a verb, it is the act of binding or beating a submissive with a strap.

Submissive, Sub - One who surrenders control of her body and behavior (within pre-defined limitations) to another for erotic play.

Sub-space - [see: Bottom-space]

Submissive uniform - A common mode of dress worn by submissives emphasizing their sexuality, usually very short shirts, revealing tops, high heels, and stockings supported by a garter belt or bustier.

Suspension - A bondage technique wherein the submissive's weight, totally or partially, is borne by the restraints used in the bondage. Great care must be exercised in this practice; usually, bondage harnesses and suspension cuffs are used in suspension.

Suspension cuffs - Wrist and/or ankle restraints designed specifically for safe suspension. [see Cuff. Cuffing; Suspension]

Switch - 1) A person who enjoys taking either side in SM role or physical play; i.e. top or bottom, dom or sub. 2) A slender flexible branch from a tree or bush used for corporal punishment.

Sybian - This amazing variation on the vibrator is ridden rather than handheld. The vaginal insert is mounted on a saddlelike box that houses the twin motors that make the insert rotate and vibrate. (For more information contact Abco Research Associates in the Illinois Section of our store appendix).

Tampon training - Rectal insertion of tampons by male submissives to empathize with the female menstrual cycle.

Tantric Yoga, Vajrayana Buddhism - Indian means for achieving a transcendent spiritual state that incorporates sexual and meditative techniques. There are many paths to enlightenment and erotic exploration is one.

Tawes, taws - Thick rigid leather with a lengthwise slit (or slits) in it used in a paddle-like fashion.

TENS unit - The Transcutaneous Electrical Nerve Stimulation unit is used by chiropractors to cause involuntary muscle contraction. Sadomasochists use it for fun rather than therapy.

Thud - A blow that is felt at a deeper level than sting. Thud is usually easier to tolerate, but may actually be more damaging as it can cause deeper bruising.

Tit torture - Erotic play involving the breasts.

Tolleyboy - A locking chastity belt made in England of rubber-lined stainless steel. A similar device made in Chicago by Bob Jones is often referred to by the same name.

Top - One who takes the active role in physical scene, but not necessarily emotional/mental control.

Top's disease - A state of self-delusion wherein the top believes his own fantasy of dominant superiority. This dementia is characterized by the fallacy that his feces lacks the usual malodorous quality.

Topping from the bottom - Maintaining the fiction that the top is in charge, where the real control and direction of a scene rests with the bottom. [see also. Bottoming from the top]

Top-space - An state of erotically altered consciousness (EAC) achieved during a scene by the dominant or top. It is characterized by feelings of intense focus, clarity of thought, a sense of extreme power or high energy, and/or exhilaration. Feelings of distance and objectivity, as if one where commanding from a mountain top, may paradoxically accompany feelings of connection to the submissive, as if there were a psychic link. A dispassionate perspective may combine with erotic ardor. Top space may be followed by either a continued sense of well-being or by feelings of fatigue, depression, or lethargy. [see Post-scene plunge]

Torture - Actions that would be painful outside of their erotic context used to enhance sexual pleasure for a bottom.

Total conversion or the "ouchless ouch" - Whips strokes or corporal stimuli delivered during an erotic scene that begins light and rise gradually. The level of sexual arousal is always kept at a high enough level so that the blows are never experienced subjectively as pain.

Toy whore - One who adores collecting SM toys. Toy whores have been known to trade away their own children for a finely made cat o' nine. It has been suggested that a Toy Whores Anonymous support group be established for people who ruin their lives trying to support their toy habit. The idea has been shelved because the toy whores see no problem with this. [see Philip]

Training - Any of many disciplines wherein the dom and sub act together to modify the sub's behavior, condition, and/or attitude. Includes, but is not restricted to: pony training, anal training, position training, voice command response, and so on.

TS, Transsexual - A person who born in a physical gender that does not match his or her personal psychology. These people are commonly going through "gender reassignment" by means of counseling, hormone treatments, and surgery to correct their situation. A TS is called a "pre-op" before surgical modification and a "post-op" afterwards.

TV, Transvestite - A man or woman dressing in the clothing of the opposite gender.

True Master/True submissive - A term of self-description usually used by incompetent newcomers or lost-in-fantasy others to entice a people to play with them. The "True Submissive" (or more typically "True slave") is one who buys into the nonsense that the "True Master" is selling. "True sadomasochism" is also used to allude to a non-existent, "genuine" standard of SM excellence. Fooey. [see CHDW, or Chudwa; Wannabe] We would like to see a moratorium on the use of the words "true" and "real" because they imply that other concepts are false or invalid.

Vampire glove - Vampire gloves are most often thin leather driving gloves that have sharp, metal tines or tacks lining the palms. The tines are typically snap, or rhinestone settings that are poked through the leather from the inside and glued in place, though some very mean gloves utilize thumb or carpet tacks. Fur mitts can be embellished with tines in the same manner, yielding textures from very nice to yowee!

Vanilla - Describes things, activities and people who are not part of the SM scene, for example: "We had vanilla sex last night." meaning, "We had sex without including any SM scene elements." The term is no longer derogatory except as used by immature, cliquish, snobby, poopieheads who don't think the way we do.

Verbal humiliation/abuse - The use of sexual epithets and similar verbalizations to excite or humble one's partner. Verbal humiliation is good when it is used to support the value of the submissive. It becomes abuse when it is used to tear down the self-esteem of the sub. The line between the two is not always clear and may vary within one person's psyche depending upon mood. Use with caution and sensitivity.

Virgin rapture - Period of time (often years long) wherein newcomers are so overwhelmed by SM that they think the world revolves around it and can never imagine returning to any other form of sexuality. When the infatuation ends feelings of disappointment and loss are common. It may be reassuring to know that this is a normal process as SM is integrated into a person's sexuality.

Vinyl - A material used for fetish fashions. [see PVC]

Violet wand - A static electricity generator, frequently with multiple glass attachments including: globes, thin tubes, fork-shaped tubes, etc., used to send virtually harmless, violet-colored static "lightning" to a submissive's skin.

Visualization - The use of story-telling and verbal fantasy sharing to achieve a mood or desired mind set prior to, or during a scene.

Wannabe - A poseur pretending to be a skilled dominant without the requisite knowledge. The wannabe confuses masturbatory fantasy with real life experience, often with injurious results. [see CHDW, or Chudwa]

Wartenburg pinwheel - A neural response tester consisting of a metal handle with a free-spinning, metal pinwheel attached to one end. The "pins" are very sharp. Wartenburg pinwheels are used to test neural responses of spinal chord injury patients and to make submissives jump over the moon.

Water sports - Sexual play involving urine or enemas. [see Golden Showers and Enema]

Weights - Lead fishing weights or other weights hung from clamps that are attached to the body to increase torment. [see Clamps, Clamping]

Whip - A whip is an object used to beat on a submissive. Many people in the scene use the term whip to include canes, crops, paddles, slappers, etc., as well as single- and multiple-lash whips.

Whipping - 1) The act of beating a submissive or bottom. 2) Finishing a rope-end to prevent fraying by wrapping it with thread or string.

White lightning - A common nickname for a white fiber glass or resin rod often with a leather or rubber handle that is used as a cane. Being much more dense than rattan, it can inflict deeper damage and the feel is described as "cutting." [see Cane]

Worship - 1) To lavish attentions upon a part of the body, usually feet, pussy or cock. 2) A role playing attitude toward a dominant, typically of a male sub toward his goddess/mistress.

Wrapping - Allowing the tips of a whip or cane to strike parts of the body other than the intended target. For example, aiming for the fanny and hitting it, but the tips of the whip wrap around the fanny and strike the hip. Bruising on the hips is often a sign of a careless or incompetent top who is frequently unaware of the damage that is occurring.

Wrist cuffs - Restraints designed to fit the wrists. [see Cuff, Cuffing]

X-frame - A stationary bondage frame in the shape of an "X", usually mounted in a horizontal position. [see St. Andrew's cross]

The following pages are included for use as a resource.: Appendix A: Support Groups and Organizations contains group lists and some public leather and SM clubs. Appendix B: Stores, Suppliers and Artisans is intended to help you find the toy, book, video, or clothing of your dreams Appendix C: Computer Bulletin Boards contains some online resources. Appendix D: SM and Fetish Magazines lists periodicals with an SM or fetish theme. Appendix E: Recommended Reading is included to share the books we have read and loved.

The store and group lists were updated in 1999, (much thanks to Kim, the Mystic Rose Books office dom for her research). The growth of the BDSM community has forced us to shorten most listings. Unfortunately stores, groups, BBSs, even books and magazines come and go without getting our written permission, so if we've missed something on a list that you were looking for, we're sorry.

You may update or submit information for consideration at: http://www.iron-rose.com/strupdate.htm

Appendix A: SM Support Groups and Organization

ALABAMA
Cradle of Thorns
Mobile, AL
ldydrklove@aol.com
http://members.aol.com/ldydrklove/thorns.htm

Red Chair, The
Birmingham, AL
rdchair@aol.com
http://members.aol.com/rdchair
pansexual

Steel City Centurions
PO Box 130938
Birmingham, AL 35213
205-320-1127
sdbear@worldnet.att.net
http://members.xoom.com/centurions/

ALASKA
Alaska BDSM Resources
(907) 441-6498
AkBDSMInfo@aol.com
http://members.aol.com/akbdsminfo/
pansexual

Last Frontier MC
P.O. Box 202054
Anchorage, AK 99520-2054
TLFMC@micronet.net

ARIZONA
Arizona Power Exchange (APEX)
PO Box 67532
Phoenix, AZ 85082-7532
apex@xroads.com
http://www.xroads.com/apex/
(602) 415-1123

Crucible, The
9024 N. 103rd Avenue
Suite 113
Sun City, AZ 85351
pansexual

Empire Leather / Levi-Tucson
Tucson, AZ
lthrphil@theriver.com
http://www.geocities.com/HotSprings/6216/empire.html
gay, lesbian, bi, TG

Flagstaff Local Orientation Group for BDSM (FLOG)
Flagstaff, AZ
flogforbdsm@usa.net
http://www.geocities.com/Area51/Starship/2294/index.htm

Playing in Tucson
(520) 617-4661
http://www.geocities.com/WestHollywood/Heights/5086/
Pan-Fetish, Pan-Sexual Safe Space

ARKANSAS
Little Rock Lupercalia
Central Arkansas
http://www.geocities.com/RodeoDrive/7406/page2.html

CALIFORNIA
Alameda County Leather Corps
PO Box 20759
Castro Valley CA 94546
FAX (510) 278-1185
http://www.blackiris.com/~ACLC/

Adashi Ranch
Tracy, CA
(209) 836-0169
Pony girl/boy races, parties.

All Women of Leather (AWOL)
Bay Area
925-551-9113
women-only parties

Avatar
8033 Sunset Blvd., #747
Los Angeles, CA 90046
http://avatar-la.org/
Avatar_Club@hotmail.com
men only

BackDrop Club, The
P.O. Box 390486
Mountain View, CA 94039-0486
Office: 415-965-4499
BBS: 415-964-3100

Bears LA
P.O. Box 4614
Valley Village, CA 91617
(213) 850-8958
http://members.aol.com/bearsla/index.html

Bondage A Go-Go
520 4th Street
San Francisco CA
(415) 995-4600

California Eagles
P. O. Box 14665
San Francisco, CA 94114-0665
415-267-0560
CalEagles@blackiris.com
http://www.blackiris.com/~caleagles/

Chateau, The
7407 Fulton Ave.
North Hollywood CA 91605-4116
(818) 503-3034
(800) 696-4414 (Southern California only)
(818) 503-4861 FAX
http://www.thechateau.com
public club with dungeon

Club X
P. O. Box 3092
San Diego, CA 92163
619-685-5149 voicemail
800-598-1859 voicemail
http://www.leatherfest.com/clu.html

C.C. Inc. (Conquest/Fetish X)
567 W. Channel Islands Blvd.
#132
Port Hueneme, CA 93041
(805) 488-0803
CCIncBDSM@aol.com
http://members.aol.com/CCIncBDSM/index.html
pansexual.

Crypt, The
1712 E. Broadway
Long Beach
(310) 983-6560

Defenders / Los Angeles
% Dignity
Post Office Box 42040
Los Angeles, CA 90042
(213) 344-8064
gay & lesbian Catholic group

Defenders / San Francisco
590 Steiner Street
San Francisco, CA 94117
(415) 861-4547
defendersf@blackiris.com
http://www.blackiris.com/SFLeatherMC/SFLClubs/Defenders/home.html
http://www.blackiris.com/~defenders/
gay & lesbian Catholic group

Diaper Pail Friends
Suite 127, 38 Miller Avenue
Mill Valley, CA 94941
FAX: 415-381-0545
Babytom@well.com
http://www.dpf.com

Differences
PMB #354
2570 Ocean Avenue
San Francisco, CA 94132
415-585-9662
415-841-1400 FAX
Elizabeth@differences.com
http://www.Differences.com
pansexual. B&B (Bed & Bondage)

Exiles, The
P.O. Box 31266
San Francisco, CA 94131-0266
415-487-5170
exiles@theexiles.org
http://www.theexiles.org
women only

Floyd's
2913 E. Anaheim
Long Beach, CA
310-433-9251

Faultline, The
4216 Melrose Ave
Hollywood, CA 90029-3509
Iniquity
Fetish club with strict dress code
PO Box 77745
San Francisco, CA 94107-7745
415-289-2167

Kink, Inc
PO Box 223132
Carmel, CA 93922
screamer@mbay.net
http://www.mbay.net/~screamer/kinkinc.htm
pansexual

Leathermasters
4470 Sunset Blvd #293
Los Angeles CA 90027
(323) 664-6422
leathermasters@geocities.com
men only

Los Angeles Gotham Club
2817 Beverly Boulevard
Los Angeles, CA 90057-1009
(213)480-0697
http://www.gothamclub.qpg.com/

Los Angeles Radical And Wicked Women (L.A. RAWW)
800-866-3983 voice & FAX
http://members.aol.com/laraww/
Women , including the TS community.

Magick & Fetish
3934 W. Sunset Blvd
Los Angeles, CA 90029
(323) 660-1575
(888) 467-BDSM
Valarie7@AOL.com
pansexual

Men of Discipline
PO Box 14034
San Francisco, CA 94114
MODSFCA@aol.com
http://www.dcpride.org/MOD/MODSF.html
gay

Modesto Discussion Group
Domina@frugaldomme.com
http://www.frugaldomme.com/modesto.htm

NLA: Los Angeles
7985 Santa Monica Blvd #109-217
West Hollywood, CA 90046
(213) 856-5643
North Bay Group Munch
Petaluma and Rohnert Park
Dominic-L@usa.net
http://home.earthlink.net/~redstorm69/northbay.html

Orange County Munch Group
(714) 289 0402
astrotrak@access1.net
http://home.earthlink.net/~drkdesyre/munch.html

Orange Coast Leather Assembly
Gay & Les Community Center
12832 Garden Grove Blvd, Ste A
Garden Grove CA 92843
http://www.ocla.org
info@ocla.org
714-534-0862

Pack, The
San Francisco, CA
Mistrisice@aol.com
http://www.ladyice.com/pack
pansexual.

Palm Springs Leather Order of the Desert
474!C East Palm Canyon Drive, #133
Palm Springs, CA 92264
(619) 325-8107
FAX (619) 323-9558
pslod@aol.com
gay and lesbian

Palo Alto Munch Group
munch@rjhg.com
http://www.jps.net/vickih/munch/
pansexual

Power Exchange
86 Otis Street
San Francisco
415-487-9944

Sacramento Area Kinksters (SAK)
mastern@calweb.com
http://www.mbsoft.nu/sak/
pansexual.

San Diego Munch Group
spyralfox@aol.com
http://members.aol.com/spyralfox/index.html
Munch

San Diego Lifestylers
619-224-4024
San Diego, CA
endofrk@adnc.com
http://members.tripod.com/~Bobbie817/index.html
pansexual, 21+

Service of Mankind Church
P.O. Box 1335
El Cerrito CA 94530
(510) 232-1369
http://www.darkside-goddess.org/

Sin-A-Matic,
7969 Santa Monica Blvd.

Society of Janus
P.O. Box 426794
San Francisco CA 94142
janus@soj.org
http://www.soj.org/
(415)-292-3222

Threshold
2554 Lincoln Blvd. # 1004
Marina del Rey CA 90291
http://www.threshold.org/
West Hollywood, CA 90046-5111

Vice Club
5657 Melrose Ave.
Hollywood, CA 90038-3909
213-463-7868

COLORADO
Defenders: Denver
% Dignity
Post Office Box 3072
Denver, CO 80201-3072
defndrco@aol.com
gay & lesbian Catholic group

PEP: Denver
PO Box 569
Denver, CO 80205
cuffs10152@aol.com
http://members.aol.com/cuffs10152/
(303) 575-1600

Rocky Mountain Power Exchange
Aurora, Colorado
303-368-4131
FAX: 303-368-4229
dimmie@mho.net,
http://home.mho.net/dimmie/RMPE.html
pansexual & transgender

Uncommon Ground
669 Peoria Street, No. 226
Aurora, CO 80011
(303) 752-6800
uginfo@aol.com
http://www.uncommon-ground.org
pansexual

CONNECTICUT
El-N-Gee
86 Golden Street
New London, CT
860-437-3800
860-442-2989 FAX
scooter@ctol.net
http://www.el-n-gee.com/

La Chateau
1843 Berlin Turnpike
Meriden, CT 06450
203-235-3397
http://www.la-chateau.com/

Society, The
PO Box 446
Marion, CT 06444-0446
OneSociety@aol.com
http://members.tripod.com/~OneSociety
203-271-0032
pansexual

Southern Connecticut BDSM Munches
PO Box 202435
New Haven, CT 06520-2435
ALustSub@aol.com
http://come.to/CTMunch

TNG (The New Group)
P.O. Box 460
Unionville, CT 06085
(860) 673-1468
thengrp@aol.com
http://members.xoom.com/TNewG
pansexual

Twilight Guard
P.O. Box 226
Ardsley on Hudson, NY 10503
(914) 591-6585
TLGuard@aol.com

United Leatherfolk of CT
P.O. Box 281172
East Hartford CT 06128-1172
lalaura@cyberzone.net
http://www.cabo-one.com/lalaura/folk.html
pansexual, SASE if writing PO Box

DELAWARE
CarpeDM
LdyTiggerz@aol.com
http://members.aol.com/LdyTiggerz/carpedm.html
munch, pansexual

FLORIDA
Alter Ego
Put on by Fetish Factory
821 N. Federal Highway
Ft. Lauderdale, Florida 33304
954-462-0032
954-462-6722 FAX
fetfac@mediaone.net
http://www.fetish-factory.com/
fetish play/dance party, strict dress code

Defenders / Tampa Bay
Post Office Box 201
Lutz, FL 33549
(813) 996-4738
gay & lesbian Catholic group

Diversions
Monthly parties in Datona Beach
PO Box 574584
Orlando, FL 32857-4584
407-678-3388
lovelg@gdi.net
http://www.diversions.org/

Dominant/Submissive Support Group (DSSG)
PO. Box 30
Valrico, FL 33594-0030
(813) 689-7999
(813) 654-3899 FAX
dssg@geocities.com,
http://www.geocities.com/Athens/Delphi/7896/

Jacksonville Area Power Exchange
japegroup@aol.com,
http://members.aol.com/japegroup/Pages/
pansexual

Key West Wreckers L/L Club, Inc
PO Box 4723
Key West, FL 33041-4723
305-295-9712
kwletbear@aol.com
http://www.keywestwreckers.com
pansexual

ManRay
4301 North Federal Highway
Pompano Beach, FL 33064
954-788-2345
events@manraysouth.com
http://www.manraysouth.com/

NLA: Florida
P.O. Box 4911
Ft. Lauderdale, FL 33338-4911
(305) 742-6923
nla_fl@bellsouth.net
zometimes@geocities.com
http://www.geocities.com/~zometimes/nla-fl.html
pansexual

Orlando Power Exchange (OPex)
torville@mindspring.com
http://www.mindspring.com/~orlmunch/
munch

Panhandle Alternative Lifestyles Society (PALS)
Golf1sEZ@aol.com
http://www.shadowsteps.com/PALS

pansexual

Pensacola Power Exchange
http://members.tripod.com/~PPEG_2/ppeg.html
Munch

Rainmakers of South Florida
PO Box 70042
Ft. Lauderdale, FL 33307-0042
loupape@icanect.net
http://www.rainmakersofflorida.com
gay and bi men into watersports

Scream
Members-only club
West Palm Beach, FL
561-844-0034

Seduction
Every Saturday @ Club 5
Jacksonville, FL
904-356-5555

SLLAP (Southern Leather Lesbians At Play)
P.O. Box 24753
Ft. Lauderdale, FL 33307
(954) 463-6251
SLLAP@aol.com
http://members.icanect.net/~ldimaam/sllap.htm
lesbian, 21+

SouthFlorida People Involved in Consensual Endeavors (SPICE)
P.O.Box 165
9868 SW 14th Street
Boca Raton, FL 33428
spice561@aol.com
http://members.aol.com/Spice561/index.html
pansexual

SW Florida Munch
Southwest Florida
WhypDancer@aol.com
pansexual

Tallahassee Munch
http://members.aol.com/TallySSC/munch

Trident International South Florida
PO Box 70813
Fort Lauderdale, FL 33307-0813
(954)969-1313
Trident@fortleatherdale.net
http://www.fortleatherdale.net/fraternal/trident/southflorida/default.html
Gay, lesbian

GEORGIA
Atlanta S/M Solidarity (ASS)
P.O. Box 8361
Atlanta, GA 30306-0361
(404) 521-3829 (Voice mail)
atlsmsol@lambda.net
http://www.lambda.net/~atlsmsol/
gay, holds pansexual classes

The Chamber
2115 Faulkenr Road
Atlanta, GA 30324-4269
(404) 248-1612
http://www.moncherie.com
Fetish dance club

Eagle, The
308 Ponce De Leon Ave. NE
Atlanta, GA 30308-2013
(404) 874-4732
gay men's leather bar

KPOG (Kinky People Of Georgia)
kpog@mindspring.com
http://www.mindspring.com/~kpog/
pansexual

Mon Cherie's Club Fetish
The Masquerade
695 North Avenue
Atlanta, GA 30354-1452
(404) 577-8178

NLA: Atlanta
P.O. Box 7941
Atlanta, Georgia 30357-7941
404-624-1676
kyle@crl.com
pansexual

PEP:Atlanta (People Exchanging Power)
P.O. Box 921291
Norcross, GA 30010
(770) 621-7961
Lady.D@juno.com
www.atlcom.net/~pepatl

Sanctuary of a Dark Angel, The
1417 Dutch Valley Place NE
Atlanta, GA 30324
404-874-4838
info@thesanctuary.net
http://www.thesanctuary.net/

Southeast Corporal Punishment Club
PO Box 14904
Atlanta, GA 30324
404-653-1107
http://www.acpcintl.org/

ILLINOIS
Cell Block
3702 North Halsted Street
Chicago, IL 60613
773-665-8064
773-665-8163 FAX
http://www.cellblock-chicago.com/
gay lesbian, Leather bar

Chicago Eagle
5015 N. Clark
Chicago, IL 60640
773-728-0050
http://www.mindx.com/chgoeagle/
Leathermen. Scene-friendly bar.

Chicago Gender Society
PO Box 578005
Chicago, IL 60657
TV, TS, CD

Chicago Hellfire Club
PO Box 577618
Chicago, IL 60657-7618
(312) 486-2436 Hotline
men's group

CLAW--Chicago Leather Alliance of Women
Meets @ Leather Rose, 2537 W. Fullerton from 8-10 PM
women of ALL sexual orientations
MJC312@aol.com

Dedicated & Safe, Inc.
Meets in The Crystal Room at The Golden Flame
6417 W.Higgins Rd.
Chicago, IL 60656-2202
312-409-2008

Galleria Domain / The Center for Expressive Roleplay
2418 W. North Avenue
Chicago, IL 60647
773-278-6780
galleria@bdsmchicago.com
http://www.bdsmchicago.com/monica

Leatherneck Bar
209 W. Lake Street
Chicago, IL 60606-1803
312-FEAR-070
Scene friendly bar.

Leather United-Chicago
PO Box 81288
Chicago, IL 60681-1288
(773) 486-5499
LeatherUN@aol.com
pansexual

MasT (Masters and slaves Together)
P.O. Box 13023
Chicago, IL 60613
mrjackr@leathermail.com

Peoria DS Forum
PO Box 2524
East Peoria, IL 61611
309-429-0161
PIAdsForum@aol.com
http://homepage.davesworld.net/~justjim/, pansexual

Temptations
10235 West Grand Avenue
Franklin Park, IL 60131-3138
847-455-0008
847-455-8886 FAX
http://temps.gayone.com/
Dance and supper club.
TV/TG/CD

Touche
6412 North Clark
Chicago, IL 60626-4913
773-465-7400
gay leather bar. woman friendly.

INDIANA
Basic Leather
P.O. Box 20285
Indianapolis, IN 46220-0285
basicleather@iname.com
http://www.basicleather.org
pansexual

Lascivious Exhibitions
812-335-2575

IOWA
Iowa Stocks and Bonds
moondanz@soli.inav.net
http://soli.inav.net/~moondanz/
pansexual

Quad Cities BDSM Group
2633 W58th Street
Davenport, IA 52806
http://www.qcbdsm.com
qcbdsm@qcbdsm.com
pansexual

KENTUCKY
KUFS - Kentucky Underground Fetish Society
Lexington, KY
KUFS@xoommail.com
http://members.xoom.com/kufs/
pansexual

Masters and slaves Together (MAsT)
P.O. Box 6452
Florence, KY 41022
MAsTCinti@aol.com
606-283-2731
pansexual

LOUISIANA
Capitol Area Power Exchange (CAPE)
Baton Rouge
Capebrla2@aol.com
http://www.magenta.com/lmnop/users/cape.html
pansexual

Le Petit Bastille
810 N. Rampart St.
New Orleans, LA 70116
(504) 523-5876
Tbear1014@AOL.com
pansexual play space. meet on the 3rd Sat of each month, doors open at 9:00pm.

Le Petit Chateau
New Orleans
831-335-1802

NLA: New Orleans
PO Box 51496
New Orleans, LA 70151-1496
nolafetish@aol.com
http://www.nolafetish.com/nla/

MAINE
CUFSmaine (Coastal United Fetish Society)
Portland and Bangor, ME
CUFSmaine@aol.com
http://members.aol.com/cufsmaine
monthly munches E-mail newsletter

MARYLAND
FIST - Females Investigating Sexual Terrain
P.O. Box 41032
Baltimore, MD 21203-6032
FISTWomen@aol.com
http://members.aol.com/FISTWomen
Women only. 21 +

The Phoenix Society
P.O. Box 223
Pasadena, MD 21123-0223
phoenix@friend.ly.net
http://www.phoenixsociety.org
pansexual

Play House Studios & Gallery
PO Box 22185
Baltimore, MD 21203
410-332-1802
410-332-1848 FAX
Playhse@aol.com
http://www.kitco.net/playhouse/
pansexual. Erotic Art Gallery, Fetish Photography Studios & Play space.

MASSACHUSETTS
Boston Dungeon Society
535 Albany St.
Boston, MA 02118
617-654-0536
BDS-staff@bdsbbs.com
http://www.bostondungeon.org

Boston Eagle
520 Tremont Street
Boston, MA
617-542-4494
leather/levi

Boston Ramrod
1254 Boylston St.
Boston, MA 02215
(617) 266-2986
mostly men leather bar

Club 119
119 Merrimac Street
Boston, MA 02114-4709
617-367-0713
male leather bar

Defenders of Boston
Post Office Box 909, Prudential Ctr Sta
Boston MA 02199
Gay & lesbian Catholic group

Jacques
79 Broadway Street
Boston, MA
617-338-9066
TV clientele. Female impersonators

Links
Northampton, MA
Links_69@hotmail.com
http://members.tripod.com/Links_69/
pansexual. based out of The Five College Area of Western Mass

.ManRay Nightclub
21 Brookline Street
Cambridge, MA 02139
617-864-0400
manray@tiac.net
http://www.manrayclub.com
pansexual

MOB (Mass. Orgasmic Bitches)
SASE c/o Kim
Grand Opening
318 Harvard St., Suite 32
Brookline MA 02146
Kim at G.O.
(617) 731-2626

NLA: New England
831 Beacon St #9100-164
Newton Centre, MA 02159-1822
(617) 864-0655
nla-board@apocalypse.org
http://www.nla-newengland.org/
pansexual leather/SM

N.E.S.S. (Northeast Erotic Spanking Society
NESS/TEP
P.O. Box 441
Waltham MA 02454-0441,
http://pages.prodigy.com/MA/daddytom/ness.html

Quest
1270 Boylston St.
Boston, MA 02116
(617)262-2605
(617)262-3943 FAX
gay, dungeon is pansexual Sat nights

Restraints Social Club & Dungeon
366 Broadway
Everett, MA
617-387-8445
RestraintZ@aol.com
http://www.restraints.com
pansexual

Sling Sporters, The
228 Cambridge Street
Boston, MA 02114-2710
(617) 742-4084
gay & gay leather bar

Society, The
(see CT listing)

Western Mass. Power Exchange
Springfield, MA
WMPowerEx@aol.com
http://members.aol.com/wmpowerex/life1/index.htm
pansexual -monthly munch 1st wed

MICHIGAN
Essenian Sanctuary of the Goddess - Michigan Chapter
Lansing, MI
517-543-3216
smcinmi@hotmail.com
http://www.angelfire.com/mi2/MotherKali
pansexual - femdom

Grand Rapids Munch, The
P.O. Box 69
Sparta, MI 49345
GRMunch@aol.com
pansexual

House of Rask, The
Muskegon, MI
616-726-6938
rask@houseofrask.com
http://www.i2k.com/~leisa/party.html
pansexual.

Icon Detroit
P.O. Box 725421
Berkley, MI 48072-5421
icondetroit@geocities.com
http://www.geocities.com/westHollywood/Stonewall/4870
pansexual

Metro Detroit Spanking Society
PO Box 26232
Fraser, MI 48026
MDSS02@ix.netcom.com
http://www.ubu.net/mdss
heterosexual

NLA: Detroit
P.O. Box 2844
Southfield, MI 48037-2844

Stocks and Bonds
Mistress Lisa
P.O. Box 380138
Clinton Twp., MI 48038
MistLissa@aol.com

MINNESOTA
Atons of Minneapolis
PO Box 580517
Minneapolis, MN 55458-0517
651 290-2684
atonsmpls@aol.com
http://www.starbase21.com/ATONS
gay

Knights of Leather
P.O. Box 582601
Minneapolis, MN 55458-2601
(612) 874-1356
women's group

TIES (Tremendously Intense Erotic Situations)
3208 West Lake Street, Suite 50
Minneapolis, MN 55416
612-824-2032
bco@visi.com or Master_Don@hotmail.com
http://www.visi.com/~ties
pansexual

MISSOURI
AHS (Alternative Hedonistic Source)
P.O. Box 414545
Kansas City, MO 64141
816 920 3313
ahs-oc@ahs-kc.org
http://www.ahs-kc.org
pansexual

Fetish Lifestyle Open Group (F.L.O.G.)
St. Louis, Missouri
FLOG_StLouis@yahoo.com
http://www.gurlpages.com/me/moflog
pansexual

KC Pioneers
PO Box 413025
Kansas City, MO 64141
www.kcpioneers.com
pansexual

PEP: St. Louis
c/o TFN
10028 Manchester Road, Ste 214
St. Louis, MO 63122

St. Louis Leather and Lace
PO Box 1138
Arnold, MO 63010
314-989-3068

NEBRASKA
Female Leather Exchange (FLEX)
P.O. Box 5512
Lincoln, NE 68505
http://www.geocities.com/WestHollywood/Heights/4267/

Heartland Gathering
Omaha, NE
402-397-5339 or 402-933-6472
ldymisti@radiks.net
pansexual

Learning to Exchange Power
PO Box 11341
Omaha, NE 68111
L2EP@AOL.COM

Lincoln's Own
Lincoln, NE
MastrDofNE@aol.com
http://members.aol.com/mastrdofne/index.html
pansexual

Omaha Players Club
P.O. Box 34463
Omaha, NE 68134-0463
402-457-5350 FAX
imsl@synergy.net
pansexual

NEVADA
BlackJack Bears of Las Vegas
PO Box 12869
Las Vegas, NV 89112-4513
(702) 225-4513
bjbears@blackjackbears.org
http://www.blackjackbears.org/
gay, "Bears" and their admirers

Las Vegas BDSM Munch
LVMunch1@aol.com
http://members.aol.com/lvmunch1/
pansexual

Shibari
3151 N. Rainbow Blvd. #457

Las Vegas NV 89108
shibari@shibari.org
http://www.shibari.org
702-440-0515

NEW JERSEY

Estate, The
163 East Main St, Suite 251
Little Falls, NJ 07424
(201) 955-6071 (voice and FAX)
staff@the-estate.com
http://www.the-estate.com
pansexual. submissive training facility

Knot For Everyone
P.O BOX 263
Iselin, NJ 08830
Knot4evryl@aol.com
http://members.aol.com/Knot4Evryl/
732-283-6387
pansexual

Masquerade
Info: Suite 145
1600 Oak Tree Road
Edison, NJ 08820
732-417-0671

Mission, The
BDSM club
PO Box 540
Lambertville, NJ 08530

Rutgers University BDSM Organization (RUST)
New Brunswick, NJ
http://www.usacs.rutgers.edu/student-orgs/rust/
pansexual

NEW MEXICO

AEL
P.O. Box 80676
Albuquerque, NM 87198
AELmail@yahoo.com
http://1wyrld.net/ael
(505) 345-6484 - Voice Mail

Grant Co. Power Exchange Group
Silver City, NM
tan@pobox.com
http://www.powerandlove.com/power/gpeg/

PEP: Albuquerque
National Headquarters
PO Box 332
Edgewood, NM 87015
Nancy@peplove.com
http://www.peplove.com/
(908) 281-8222 – Events Line
(202) 452-5522
FAX: (505) 281-0909

Power Exchange New Mexico
tan@pobox.com
http://www.powerandlove.com/power/penm
heterosexual

Women Exploring SM Themes (WEST)
c/o D Major
P.O. Box 36287
Albuquerque, NM 87176
(505) 254-1768
divamarie@mindspring.com
http://www.divamarie.com/group.htm
Women including TS

NEW YORK

Arena
P Box 1485
New York, NY 10013
212-219-9276

Conversio Virium-Columbia Univ.
New York NY
conversio@columbia.edu
http://www.columbia.edu/cu/cv
Columbia U. students & staff only

Defenders / NY
Post Office Box 1146, Old Chelsea Sta.
New York, NY 10011
gay & lesbian Catholic group

Ds Desires
PO Box 4524
Sunnyside, NY 11104
DSDESIRE@aol.com
http://members.aol.com/dsdesire/
718-729-9166
pansexual.

Eagle's Nest
21st Street at 11th Avenue
New York, NY 10010
leather bar

Eulenspiegel Society, The (TES)
P.O. Box 2783
New York, NY 10163
TES@tes.org
http://www.tes.org/
212-388-7022

GMSMA
332 Bleeker St. #D23
New York NY 10014
info@gmsma.org
http://www.gmsma.org
(212) 727-9878
men's group

Hellfire Club
(also as The Manhole Club, gay)
28 Ninth Avenue
New York, NY 10014
(212) 647-0063
Hellfire28@aol.com
http://www.hellfireclubny.com/
pansexual

Hot Ash
PO Box 20147
New York, NY 10011-0002
718-789-6147
hotash@netscape.net

Jackie 60
432 West 14th Street
New York, NY
(212) 677-6060
factory@mothernyc.com
http://www.echonyc.com/~interjackie/jackie60/index.html
fetish nights last Tuesday of the month

La Maison de Sade
206 West 23rd Street
New York, NY
212-727-8672
http://www.punishmentsquare.com/justine/
A BDSM theme restaurant.

Lesbian Sex Mafia (LSM)
70A Greenwich Avenue, Box 404
New York, NY 10011
LSMNYC@hotmail.com
http://members.aol.com/lpnnyc/lsm.html
212-726-3844
women

Lure, The
409 W 13th Street
New York NY
212-741-3919
NYCtheLURE@aol.com
http://www.thelure.com/
Men, Feush Dress Code

Masters and slaves Together (Mast)
New York, NY
Contact:Gorgik@aol.com
men only

Manhole Club
28 Ninth Avenue @ 14th Street
New York, NY 10014
212-647-1726
bgraffic@bellatlantic.net
http://www.manholeny.com/
gay

Mother
432 West 14th Street
New York, NY
212-366-5680
212-929-0987 FAX
mother@mothernyc.com
http://www.mothernyc.com/
fetish/vamp, underground club

New York Bondage Club
@ J's Hangout
675 Hudson and W. 14th Street
New York, NY
212-620-ROPE
http://www.nybondageclub.com/

NY Renegades, The
P.O. Box 20106
West Village Station
New York, NY 100141
212-362-0347
Email tigertom1@aol.com
http://www.nyrenegades.com/

Paddles
17 West 18th Street
New York, NY
(212) 629-1854
http://www.punishmentsquare.com/paddles/index.htmlPEP: Buffalo
Buffalo, NY
http://www.peplove.com/PEPBuffalo.htm
716-559-3062

Rochester Kink Society
274 N Goodman St
Rochester NY 14607
716-234-0515
Rksociety@aol.com
http://www.rks-society.com/
pansexual

SILK – Sexual Identities, Lifestyles, and Knowledge
Bard College
Annadale-on-Hudson, NY 12504
Jb888@bard.edu
Bard College BDSM group

Smack
(917) 358-Smak – info line
(917) 358-SMak
mindswrv@smack-fetish.com
http://www.smack-fetish.com/
fetish parties and events

Spike
120 11th Avenue (at 20th Street)
New York, NY
(212) 243-9688.
Gay leather bar, fetish dress code.

Temple of Flesh
PO Box 7829
New York, NY 10001-7829
212-575-7510

Vault, The
(also as Cellblock 28 - gay)
565 W 23rd Street
NYC, NY
(212) 255-6758
http://www.clubvault.com/

NORTH CAROLINA

Carolina Ropes of Pleasure (CROP)
Wilmington, NC
http://members.aol.com/wilmcrop/index.html
munch

Dark Shadow
P.O. Box 98042
Raleigh, NC 27624-8042
DarkShadow@mindspring.com
http://www.darkwhisper.com/darkshadow

LINX BDSM Group
Charlotte, NC
dotslash@earthlink.net
http://www.psicorps.org/linx
pansexual

People Exploring Real Life Kink (PERK)
Asheville, NC
http://members.xoom.com/Pers_Images/PERK.htm
munch

Piedmont Area Leather Society (PALS)
Triad Area
http://members.aol.com/ncpals1/main.html
ncpals1@aol.com

QC BDSM (Queen City)
Charlotte, NC
QCBDSM@aol.com
http://members.aol.com/qcbdsm/index.html
pansexual munch group

Roped Desires
Piedmont Triad region
http://members.aol.com/rdgroup1/rdmain.html
rdgroup1@aol.com

SPANK (Southern Piedmont Advocates of Negotiated Kink)
P.O. Box 2231
Fayetteville, NC 28302-2231
SPANKinNC@aol.com
http://spank.mybdsm.com
pansexual

TALON (Triad Area Leather Oriented Network)
P.O. Box 77241
Greensboro, NC 27407-7241
Talon-NC@wowmail.com
http://www.darkwhisper.com/talon
pansexual

Tarheel Leather Club
P.O. Box 16457
Greenboro NC 27416-0457
(910) 275-2054
http://www.nr.infi.net/~outright/
outright@nr.infi.net

Triangle Area Munch Group
Raleigh-Durham-Chapel Hill, NC
lfarah@mindspring.com
http://www.psicorps.org/triangle
pansexual

OHIO
Briar Rose
P.O. Box 163143
Columbus, OH 43216
women

Centurions
Post Office Box 09208
Bexley, OH 43209
predominantly gay

Columbus Eagle
232 N. 3rd Street
Columbus, OH 43215
(614) 228-2804
gay dance club

Crimson Moon Over Ohio
PO Box 340964
Columbus OH 43234
614-793-3086
CMoonOvrOH@aol.com
Trouble841@aol.com
Lesbian & het spanking group

Dayton BDSM Support Group
P.O. Box 367
Dayton, OH 45402
jcs0198@yahoo.com
http://www.geocities.com/SouthBeach/Surf/4923/
pansexual

Eagle In Exile
893 N. 4th Street
Columbus, OH 43201
(614) 294-0069
gay. Leather/levi. dress code.

Leather & Lace Society
P.O. Box 26731
Akron, OH 44319
cz@universe.digex.net

NLA: Columbus
P.O. Box 2763
Columbus OH 43216
(614) 899-4406

OhioFemSub Group
c/o SMART
Post Office Box 770851
Lakewood, OH 44107
OhioFemSub@aol.com
http://members.aol.com/ohiosmart/femsub.htm
female submissives

Ohio Hedonistic Society, The
Cincinnati, OH
tohs_ohio@hotmail.com
http://www.geocities.com/WestHollywood/Village/7445/
pansexual munch

PEER Group
P. O. Box 405
Loveland, OH 45140
(513) 763-3883
contact@BDSM-PEERGroup.com
http://www.BDSM-PEERGroup.com
pansexual, in the Cincinnati area

Power & Trust
P.O. Box 23104
Toledo, OH 43623-0104
PWRnTRUST@aol.com
http://members.aol.com/PWRnTRUST/
(419) 640-0382 voice messages
pansexual

SMART (Sado-Masochist Alliance Real Time)
P.O. Box 770851
Lakewood, OH 44107
OhioSMART@aol.com
http://members.aol.com/OhioSMART
(440) 835-6946
pansexual. Cleveland Area

Souls of Submission
ohiosos@megsinet.net
http://www.manorbbs.com/ohiosos.html

Trident International Columbus
P.O. Box 1294
Columbus, OH 43216-1294
(614) 252-7701
Fax: (614) 257-1705
Leather/Levi/Uniform/BDSM

OKLAHOMA
Oklahoma's People Exchanging Power (OPEP)
PO Box 22220
OKC, OK
405-559-7454
FAX: 405-728-2347
Needlboy@aol.com
http://www.opep.com

Tulsa Dungeon Society
Tulsa, OK
TDS@ionet.net
http://www.ionet.net/~ids
pansexual

OREGON
Bad Girls
P.O.Box 17254
Portland, OR 97217-0254
(503) 581-0089 or (503) 289-3104
Ana2255@aol.com
Madam10374@aol.com
Women only

Eugene Monday Munch
Izzy's on Hilyard at E. Broadway,
Mondays, 6-9 PM
conradh@efn.org

Evangelical Perv Association
Oregon State University
Corvallis, OR
perv@ucs.orst.edu
http://www.orst.edu/groups/perv/

Kidz & Adultz Together Sharing (KATS)
KATSpdx@aol.com
Portland, OR
Adults 18+ only - ageplay group

Lair of the Wolf
1934 N. Terry St
Portland, Or. 97217
503-240-6596
Lair_of_the_Wolf@email.com
http://www.hawkenet.com/lairofthe/wolf.html
pansexual, Dungeon/ meeting

Leatherwomen's Supper Club
PO Box 1493
Portland, OR 97293
lynnes@teleport.com
women.

Lulu's Pervy Playhouse
Portland, OR
wynter@bigfoot.com
http://www.jps.net/wynter/luluspage.html, women only

Northwest Gender Alliance (NWGA)
Box 4928
Portland OR 97208
Nwga@teleport.com
http://www.teleport.com/~nwga
(503) 646-2802

Pacific Power Exchange
1000 SE 12th
Portland, OR
dreamer@spiritone.com
http://www.spiritone.com/~dreamer/ppe/

Portland Leather Alliance
(PLA -- pronounced "Play")
P.O. Box 5161
Portland, OR 97208
pla@portlandleatheralliance.org
http://www.portlandleatheralliance.org
503-727-3148
pansexual

RCDC (Rose City Discussion Club)
P.O. Box 230638
Portland, Oregon 97281-0638
rcdc@teleport.com
http://www.teleport.com/~rcdc
503-650-7052
pansexual

PENNSYLVANIA
Burghermunch
PO Box 17123
Penn Hills, PA 15235
burghermunch@charcoal.com
http://www.charcoal.com/burghermunch/
pansexual

L.B.W. (Leather, Bondage & Whips) Attn: Lisa
3140-B West Tilghman #139
Allentown, PA 18104
http://members.aol.com/lbw1femdom/lbw.html
couples into female domination

Leather Central
1226 Herron Ave
Pittsburgh PA 15219
412-682-9869
412-322-9241 FAX
PADrummer@webtv.net
pansexual

NEPA Leathermen (Northeast PA)
PO Box 1492
Scranton, PA 18501
info@nepa-leathermen.com
www.nepa-leathermen.com
gay

PEP: Philadelphia
P.O. Box 812
Morrisville PA 19067
(215) 552-8155

Pennsmen
P.O. Box 401 Federal Square Station
Harrisburg, PA 17108-0401
(717) 938-2504
pennsmen@geocities.com

http://www.geocities.com/WestHollywood/Village/6583/
Levi/Leather

Rubberlution
Industrial dance club
Philadelphia
215-546-7691

Tri-State Couples Club
20120 ROUTE 19 , SUITE 258
CRANBERRY TOWNSHIP , PA
16066
geotscc@sgi.net
Newsletter, parties

RHODE ISLAND
Defenders/Providence
P. O. Box 41153
Providence, RI 02940-1153

Enforcers RI
P.O. Box Box 5770
Providence, RI 02903-0770
EnforcerC8@aol.com
http://members.aol.com/enforcerri/
Lesbian, gay

SOUTH CAROLINA
Levi/Leather Brigade
PO Box 7214
Columbia, SC 29202-7214
(803) 256-4022
ropeman@mindspring.com
http://www.mindspring.com/~ropeman/brigade2.htm

Lovers of Carolina Kink
Greenville, SC
SirscLOCK@AOL.com
http://members.xoom.com/SCLock/Munch.htm
munch. pansexual.

TENNESSEE
Memphis Power Exchange
P.O.Box 11191
Memphis, TN 38111
mpe@clpw.net
http://www.clpw.net/MPE
pansexual

East Tennessee Munch Group
xlator@magenta.com
http://www.magenta.com/lmnop/users/xlator/munch.html

Impact
P.O. Box 34160
Bartlett, TN 38184
impactbdsm@aol.com
http://members.aol.com/impactbdsm/index.html
pansexual. Weekly events in Memphis

Rose-N-Thorn Guild Mid-South, Inc.
Formerly PEP: Tennessee
c/o Kia
POB 3633
Clarksville, TN 37043
931-552-6970
rex-kia@usit.net
http://www.rose-n-thornGuild.org

Smoky Mountain Power Exchange
P.O. Box 2463
Cleveland, TN 37320-2463
smpex@magenta.com
http://magenta.com/lmnop/users/xlator/smpex.html

Southern Spanking Society, The
Nashville, TN
jouster@hotmail.com
http://www.geocities.com/SouthBeach/Breakers/3375/

TEXAS
Bound Collective, The
Webster, TX and surrounding areas
thehive@e-com.net
http://www.e-com.net/~thehive
pansexual

Brotherhood of Pain
PO Box 66524
Houston, TX 77266-6524
(713) 942-8402
brothdpain@aol.com
men only

Central Texas Couples
San Antonio/Austin, TX
ctc@armadillo.nu
http://ctc.armadillo.nu/
heterosexual. D/s - BDSM couples

Different Strokes
Fort Worth/Dallas, TX
Info@DifferentStrokes.org
http://www.differentstrokes.org/
pansexual

EROS (Erotic Rose Society)
281-623-3973
Nightoys@aol.com
http://www.members.tripod.com/Houston_EROS/INDEX.HTM
pansexual

Females in Search of Trouble
Houston, TX
http://www.houstonbdsm.com/fist.htm
Women only

Group With No Name, The (GWNN)
P.O. Box 18301
Austin TX 78760-9998
info@gwnn.org
http://www.gwnn.org
pansexual

Gulf Coast PEG
4826 Gretna Green (info only)
Houston, TX 77084
713-947-8993
mystwhun@aol.com
http://members.aol.com/olustywhun/peg.html
pansexual

Houston People Exchanging Power
713-432-0341
FAX: 713-432-7344
webmaster@houstonbdsm.com
http://www.hpep.org
pansexual.

Inquisition Dallas
blklthrjkt@aol.com
http://www.inquisition-dallas.com
214-632-BDSM

Knot Just Leather BDSM Club
PO Box 1784
Wylie, TX 75098
(214) 762-9335
lady12@airmail.net
pansexual. Munches

Leather Knights
P.O. Box 190111
Dallas, TX 75219-0111
LthrKghts.Dlls@juno.com
http://www.flash.net/~lknights

Leather Rose Society, The
POB 223971
Dallas, TX 75222

NLA: Austin
P.O. Box 49801
Austin, TX 78765-9801
(512) 703-8927

NLA: Dallas
PO Box 190432
Dallas TX 75219-0432
(214) 521-5342 ext.820
http://www.nla-i.com/dallas/
blklthrjkt@aol.com

NLA: Houston
P.O. Box 66553
Houston, TX 77266-6553
(713) 527-9666
pansexual

PEP: Dallas c/o Neal
1102 Enterprise #216
Grand Prairie TX 75051
214-504-8899

PEP: Gulf Coast
PO Box 1244
Pasadena TX 77501
Mystwhun@aol.com
http://members.aol.com/olustywhun/peg.html
(713) 947-8993

San Antonio S/Munch
PO Box 28361
San Antonio, TX 78228
210-641-8153, Voicemail
sasm@bigfoot.com
http://www.pillory.com/sasm/
pansexual

Temple of Flesh
PO box in NY, but events also in Texas
PO Box 7829
New York, NY 10001-7829
210-308-9827

UTAH
Utah Powerplay
PO Box 521754
Salt Lake City, Utah 84152-1754
(801) 238-2548 voicemail
http://www.info-utah.com/powerplay/
pansexual

VIRGINIA
Anchor Munch Group
Tidewater, VA
http://links.magenta.com/~dragon/anchor/anchor.html

Black Rose
P.O. Box 11161
Arlington, VA 22210-1161
br@br.org
http://www.br.org
703-715-6507
pansexual

DeSade's Children
http://www.mindspring.com/~desadeschildren/
desadeschildren@mindspring.com
VA residents only

Escape
PO Box 36494
Richmond, VA 23235
escape5@mindspring.com
http://www.mindspring.com/~bdsm-escape/
(804) 236-1980 x 369

NoVAMunch (Northern Virginia)
hannah@links.magenta.com
http://www.magenta.com/lmnop/users/hannah/munch.html
pansexual

Richmond Organized for pansexual Entities (R.O.P.E.)
P.O. Box 231
Chester, VA 23831
VaBDSM@aol.com
http://www.geocities.com/WestHollywood/Stonewall/8522/intro.htm
(804) 897-6831
pansexual

Rogues L/LC
P.O. Box 12603
Roanoke, VA 24027-2603
fsamtheman@aol.com
pansexual

Tidewater Individuals Exploring Domination
http://links.magenta.com/~dragon/anchor/tpep.html
pansexual

WASHINGTON DC
Black Rose
P.O. Box 11161
Arlington, VA 22210-1161
br@br.org
http://www.br.org
703-715-6507
pansexual

Defenders / DC
Post Office Box 33098
Washington, DC 20033
gay & lesbian Catholic group

Men of Discipline
PO Box 21090
Washington, DC 20009
DCMOD@aol.com
http://www.dcpride.org/MOD/entrance.html
gay

WASHINGTON DC
Crucible, The
POB 29038, NE
Washington, DC 20017
202-310-2100
TheCrucible@tidalwave.net
http://www.altsex.com/thecrucible
events, sells dungeon furniture & rents travelling dungeon

Crypt, The
703-998-7370

D/s in DC
http://members.aol.com/ladymira/dinners.html
Whipsinger@aol.com
monthly munch group that meets in different locations in the Metro DC area..(MD, DC and VA)

WASHINGTON STATE
Cascade Handballers
1122 East Pike Street, #1135
Seattle, WA 98122-3934
(206) 285-1122

Edge Forum, The
206.215.4528 voicemail
http://www.halcyon.com/elf/seattle.html

Garden, BDSM-WA_TRI-CITIES, The
gryphons_girl@hotmail.com
http://home.earthlink.net/~bratgirl1
pansexual

Men's Welcoming Committee, The
Seattle, WA
magic@bent.org
http://www.bent.org/mwc/

Northwest Bears
1122 East Pike Street, Suite 802
Seattle, WA 98122
206-233-1003
425-313-9259 FAX
nwbears@scn.org
http://www.northwestbears.org
gay

PugetSound BDSM
Bremerton, WA
miralynn@hotmail.com
http://www.members.tripod.com/PugetSound_BDSM/home.htm
pansexual.

Puget Sound Pissers' Society
PSPS, c/o R. Canning
P.O. Box 12114
Seattle, WA 98102-0114
FORESTL@aol.com
http://www.leatherdaddy.com/psps
gay

Rose n Thorn Society, The
PO Box 55754
Seattle, WA 98155
sir_m@sirmichael.com
http://www.maledomcentral.com
heterosexual, male/D, female/s couples

Seattle Men in Leather
PMB 1199
1122 East Pike Street
Seattle, WA 98122- 3934
(206) 781-4461
info@seattlemeninleather.org
http://www.seattlemeninleather.org
gay

Sisters of Sin
c/o 903 East Pike Street
Seattle, WA 98122-3816
http://www.byz.org/~sos/
sos@byz.org
women

Spokane Power eXchange
509 484 8587
efball3@ior.com
http://www.geocities.com/SouthBeach/Pointe/1359/
munch, pansexual

The Triskeli Guild
PO Box 111
Bellingham, WA 98227-0111
sherkhan@earthlink.net
http://home.earthlink.net/~sherkhan/
pansexual

Women's Welcoming Committee, The
Seattle, WA
silver@bent.org
http://www.bent.org/wwc
pansexual, women.

WISCONSIN
DAMES (Dungeons Arousing Mental Energy & Sex)
PO Box 1272
Milwaukee, WI 53201
Women only

Oberons
PO Box 07423
Milwaukee, WI 53207
info@oberons.com
http://www.oberons.com
gay levi/leather club

Satyricon
satyricon@mailbag.com
http://www.mailbag.com/users/satyricon
pansexual

SouthEastern Wisconsin Discussion Group
Wolfgrey@AOL.com
http://www.mailbag.com/users/muelat/SEWDG.html
pansexual

AUSTRALIA
Bound
Monthly in Melbourne
039629 2400

Cougar Leather Club Inc.
P.O.Box 1182
Marleston, Adelaide
South Australia 5033
(08) 8443 6852
cougar@ezinet.com.au
http://cougar.ezinet.com.au/
Gay. Social club

Domination
Monthly in Melbourne
03 9510 9993

AUSTRIA
Eat Me, Beat Me
Postfach 107
1101 Wien (Vienna/Austria)
embm@datenschlag.org
http://www.datenschlag.org/embm

Speed Limit-Factus
A-7474 Eisenberg 122
0664 32 003777

BELGIUM
Doornroosje
St. Hubertusstrat 115
B-2600
Berchem, Antwerp
(0 3) 239-3961

Moda Moda
343, Chausee de Waterloo
B-1600 Bruxelles
Belgium
(32) 02 537-6919

CANADA
Association des Adeptes SM Montreal (ADSM)
P.O. Box 278 N.D.G. Stn.
Montreal QC H4A 3P6
men only

Betty Page Social Club
Fetish Night
P.O. Box 28
199 W. Hastings St.
Vancouver BC V6B 1H4

Club Winnipeg
P.O. Box 1697
Winnipeg, Manitoba R3C 2Z6

Durham Alliance Association Social Club
7-717 Wilson Road South
Oshawa, Ontario
Canada L1H 6E9
(905) 434-4297
lesbian and gay

EhBC
Ontario, Canada
ehbc@golden.net
http://welcome.to/ehbc
based in southwestern Ontario, Canada.
pansexual

Fetish Funhouse and Cabaret
1426 Beaudry
Montreal, Quebec H2L 3E5
514-523-3013
impaled@inforoute.net
http://www.fetish-funhouse.com/

Golden Chains Society
Toronto, Ontario, Canada
geomet@istar.ca
http://home.istar.ca/~geomet/
pansexual

Il Bolero
6842/46 StHubert
Montreal, QC
H2S 2M6
514-270-6065
514-270-7916 FAX
http://www.ilbolero.com/
Monthly fetish night.

Kinky Kabaret Fetish Night at Savage Garden, The
550 Queen Street West at Bathurst
Toronto, Ontario
(416) 504-2178
last Friday of month

Madame X's Fetish Night
Limelight Club
250 Adelaide Street West
Toronto, Ontario
Madame X: (416) 537-2896
http://www.madamx.com/
last Tuesday of month.

Megalesia
4399 Notre Dame West
P.O. Box 61043
Montreal, Canada PQ H4C 3N9
couples of all kinds

Monarch Social Club
Mississauga "A"
P.O. Box 386
Mississauga, Ontario
Canada L5A 3A1
(416) 949-6602
crossdressing/transgender

NLA: Calgary
101A-601 17 Ave. SW
Calgary, AB, T2S 0B3
Canada

NLA: Toronto
Box 98
268 Parliment St.
Toronto, Ont.
Canada M5A 3A4
(416) 604-4882
FAX (416) 604-3599

Other Side, The
151-10090 152nd Street,

Box 322
Surrey BC, V3R 8X8
(604) 945-3668
ptupper@infomatch.com
pansexual

Ottawa Knights, The
P.O. Box 9174
Ottawa, Ontario K1G 3T9
613-237-9833
613-237-4022 FAX
ottawa-knights@gayottawa.com
http://www.gayottawa.com/ottawa-knights
gay leather, denim and fetish group

SAAFE (Southern Alberta Assn for Fetish-Fantasy-Education-Exploration)
Box 42014
Acadia Postal Outlet
Calgary, Alberta
Canada T2J 7A6
http://www.nucleus.com/~xpc/saafe/saafe.html
xpc@nucleus.com
pansexual

Tightrope
PO Box 33067
Halifax, Nova Scotia, B3L 4T6
(902) 461-0714
(902) 461-4528
tightropehalifax@netscape.net

VASM (Vancouver Activists in S&M)
PO Box 4579
Vancouver BC, V6B 4A1
(604) 687-1693 or
(604) 688-9378 ext.2123
men only

Vancouver Leather Alliance
PO Box 2253
Vancouver BC, V6B 3W2
(604) 688-WEST, ext 2035
FAX: (604) 688-0118
vla@gayvancouver.bc.ca
http://www.gayvancouver.bc.ca/vla/, pansexual

Winnipeg Leather & Levi Club
P.O. Box 3079
Winnipeg, MB R3C 4E5

X-Corrigia
109 Vaughan Road
Toronto, ON
M6C 2C9 Canada
416-588-3029
thom@interlog.com
http://www.interlog.com/~thom/
pansexual

DENMARK

SISC
PO box 500
DK-8500 Grenaa, Denmark
+45 7022 0024, Mondays 19-2100 CET
+45 7022 0024 FAX
info.sisc@sado.dk
http://www.sado.dk
camp environment

SMil-Ålborg
Postboks 108
DK-9100 Ålborg
(+45) 98 13 00 32

SMil-Århus
Postboks 198
DK-8100 Århus C
(+45) 86 13 70 23

SMil-Fyn
Postboks 712
DK-5230 Odense M
(+45) 65 90 68 34

SMil København
Postboks 691
DK-2200 København N.
Lokaler: Sorgenfrigate 8A 2. etasje, 2200 København N.
(+45) 35 83 55 69

ENGLAND

Axis
PO Box 27
Stalybridge, Cheshire
SK15 2ED

BDSM.org.uk
P.O. Box 152,
Manchester, M20 2YZ.
http://www.bdsm.org.uk/
community discussion

Age of Reason
The Improv Club
161 Tottenham Court Road
0181 778 5969

Bound 'n' Gagged
Events in Milton Keynes and London:
01908 617577

Bridge, The
Held at The Factory, Birmingham
Put on by Desyre Foundation
PO Box 407
Stoke on Trent ST1 3TB
01782 285 479

Club Rub
1 Chancery House
319 City Rd
London EC1V 1LJ
Monthly. Free

Club Whip
Held at Caesar's
Kenilworth Road
Balsall Common
Coventry/Warwick
0966 225 517

Cognitive Dissidents
In Nottingham
Put on by Desyre Foundation
PO Box 407
Stoke on Trent ST1 3TB
01782 285 479

Collisseum
In Merseyside. Akasha,Inc. 99 Van Dyke Street, Liverpool L8 0RS
0151 281 5256

De Sade
SASE: P.O. Box 4
Weston-Super-Mare
Avon BS24 9BB
0421 579973
monthly saturday nights

Desyre Foundation, The
PO Box 407
Hanley, Stoke on Trent
Staffordshire ST1 3TB
0640 666547
desyre@grndlvl.demon.co.uk
http://www.grndlvl.demon.co.uk/
pansexual

Divine Inspiration
Call Westward Bound
01752 221415
Quarterly parties in Plymouth

Endorphine Visions
In Sussex. Info only at:
39A Beaconsfield Road
Brighton BN1 4QH
01273 688144

Events, The
PO Box 2292, Acocks Green, Birmingham B27 7UD
0973 192 859
Parties in the Midlands

Fetish Factor In South Wales
Lovecraft
80 Cowbridge Road East
Cardiff CF5 1DW
01222 387168

Forbidden Zone
0976 215714
Colchester's regular fetish club

Gaslights
Monthly parties at Station Hill
Redruth TR15 2PP
01209 218393

Gate, The
Club for couples only. London.
PO Box 601
Gravesend, Kent DQ11 9YN
0966 211829

Group Six
BCM
Box 2071
London WC1N 3XX
Caning for ladies by gents

Gummi
BM 414
London WC1N 3XX
Men in rubber

Hankee Pankee
In Cheltenham
PO Box 1358
Hallatrow, Bristol BS39 6YP
01761 472 629

Hedonism
PO Box 153
Greenford, London UB6 8LY
0181 575 2052
parties and couples-only nights

Indecent Exposure
Imperial Gardens
299 Camberwell New Road
London SE5 0TF
0171 252 6000
Monthly in South London

KW
19 George Street
Brighton BN2 1RH
01273 601961
Monthly fetish dining club

Lady O Society
BCM/3406
London WC1N 3XX
submissive women

Lash
PO Box 45
Manchester M19 3PU
0161 221 2276

London Fetish Fair
Monthly fetish market - Sundays.
PO Box 2610
London W14 0TP
0171 603 9654

Mach 2
PO Box 1248
Sheffield S2 2YD
Fetish clothing lovers

Mackintosh Society
PO Box 14968
London N2 0WH
Lovers of rainwear

Manchester Munches
PO Box 152
Manchester, United Kingdom
M20 2YZ
tanos@informedconsent.co.uk
http://www.informedconsent.co.uk/diffcolours/
pansexual. SASE for newsletter.

Marquis Masquerade
info: 25 Monks Way
Silverdale, Nottingham
NG11 7FG
(0115) 981-9113

Motivation
P.O. Box 19
Pangbourne, Reading RG8 8LW
England

Muir Academy
PO Box 135
Hereford HR2 7PE
01432 343100
Schoolroom-style discipline fans

Peaches

10a Rushdon Crescent
Bournemouth BH3 7AF
01737 216034
spanking

Permission
Regular nights c/o 15 Home Street,
Tollcross, Edinburgh EH3 9JR
Call Skin Two line for info:
0891 299 714

Republique
In Stoke
Put on by Desyre Foundation
PO Box 407
Stoke on Trent ST1 3TB
01782 285 479

Saints & Sinners
PO Box 129
Camberley, Surrey GU17 0RL
0956 913278
fetish events in the Reading area.

Severin's Kiss
Monthly in London. Info:
287 Pentonville Road
London N1 (NP
07000 1828866

SM Bisexuals
c/o Central Station
37 Wharfdale Road
London N1 9SE UK
smbi@andclain.demon.co.uk
http://bi.org/~smbi

SM Gays
BM SM Gays
London WC1N 3XX
smgays@aol.com
men only

Sssh
PO Box 122
West Haddon, Northants NN6 7DS
Lovers of seamed stockings

Shropshire Trotting
0973 785295
Pony carts

Submission
SASE: BCM
Box 4542
London WCIN 3XX
(0171) 284-2180

Tension
Fetish club.
PO Box 643
Newcastle upon Tyne NE99 4YW
0973 617 857

Torture Garden
London WC1N 3XX
0171 401 3811
http://www.toturegarden.com
Monthly.

Unlimited (was NAFF)
PO Box HP50
Leeds, England LS6 1TR
http://www.ccs.neu.edu/USER/pallando/BDSM/

Venus in Chains
PO Box 23515
London E13 8TX
0171 473 5053
male dom/ female submissive, het

Way Out Club
PO Box 70
Enfield EN1 2AE
0181 366 0517
London parties for TV's

Whip
Monthly in Coventry area
0966 225517

Whiplash
SASE: P.O. Box 183
Twickenham TW2 5YB
0468 958102
London Sunday-fetish market.

FINLAND
S/M Group
c/o SETA ry
Toinen Linja 10
00550 Helsinki 55

Kinky Club
PL 9
00521 Helsinki
Finland
0400 795 895
Dungeon @ Herne Matalankatu 3

FRANCE
Alien Nation
Paris
01 42786551

Equalizer
Zinella-Equalizer
BP 289 75867
Paris, Cedex 18, France
06 82016791

Fetichic
Paris
01 4446102

GERMANY
AG S/MOFF
PO Box 11 44
D-24501 Neumunster
6192 36516

Atomage
Monchengaldbach fetish parties
info:Kleinenbroichersirasse 3
41238 Monchengaldbach-
Giesenkirchen
(2166) 87530

Berlin Munch
c/o Kathrin Passig
Weserstr. 183
12045 Berlin
berlinmunch@gliratium.de
http://bdsm-in-berlin.home.pages.de
pansexual

Eldorado
im Forum 88 e.V.
Postfach 1568
D 76605 Bruchsal
06224-919018
06224-919017 FAX
info@rohrstock.de
http://www.rohrstock.de/Eldorado/
pansexual. German spoken.

Ex Kreuz Club Berlin
info: Michael & Manfred at
Hautnah, Uhland Str 170
10719 Berlin
(030) 882-3434

Extrem Playgound
Nostitzstr. 30
10965 Berlin
030 6911485
SM/fetish club

La Salle Noir
NC-Production
Flebbestrasse 10
21077 Hamburg
172 290 3358
Bi-monthly fetish parties
Les Gracieuses Modernes
Dammwiesenstr. 17
D-22045 Hamburg
40 667938
Corset lovers

Schlagwerk
c/o Katharina Borchert
postlagernd, D-20146 Hamburg
#49 (40) 454 046
info@schlagwerk.org
http://www.schlagwerk.org
pansexual, English speaking

Sin-A-Matic
Numberg club nights info:
Glucksr. 13
90763 Furth
(091) 170-9017

ICELAND
BDSM in Iceland / BDSM á Íslandi
PO Box 5068
Reykjavik IS-125
Iceland
bdsm@music.is
http://music.is/bdsm
pansexual, All activities in Icelandic

ISRAEL
FemDOMMEA (Female Dominants of the Mediterranean, Middle East, and Africa)
+972-4-823-7007
ironwynch@mybdsm.com
http://femdom.mybdsm.com/
women Dommes worldwide

ITALY
Smack
S. Crocefissa di Rosa 17
I-25128 Brescia
030 348998

NETHERLANDS
Doma, SM Club
Asterstraat 107
2565 TT Den Haag
Nederland
+31-(0)70-3601822
+31-(0)70-3654180 FAX
doma@smclubdoma.nl
http://www.domabdsm.com/

Europerve -Demask
info: Demask
020 4921232
Fax 020 6207215
sales@demask.com
http://www.demask.com
G-Force
Oudezijds
Armsteeg 7
(020) 420-1664

It's My Life
Utechtsestraat 47
1017 VH
Amsterdam
020 421 0758
Parties & fetish clothing

Maitresse Party
Postbus 15448
NL 1001 MK
Amsterdam
0031-20-4630133
0031-20-6637913 FAX
inges@knoware.nl
pansexual

Same Place
Nassaukade 120
1052 EC Amsterdam
020 475 1981

Schlechte Meiden
Postbus 201
NL 11 10 AE Diemen
Netherlands
women only

SM Studio Phoenix
P.O. Box 9702
4801 LV Breda
Netherlands
16 505-6789

VSSM
att. Werkgroep Vrouwen en SM
Postbus 3570
1001 AJ Amsterdam
Holland
592 407163

NEW ZEALAND
Auckland Power Exchange
apexnz@hotmail.com
http://apexnz.mybdsm.com/

Blissfully Bound
Hamilton
lionlord@cheerful.com
http://homepages.ihug.co.nz/~heart/waikato.htm
munch

Cave, The
cave@ihug.co.nz
http://www.whisper.co.nz
New Zealand BDSM Resource & NZBDSM Newsletter

Virtual Ecstasy
Details: PO Box 68-984
Newton, Auckland 1032
New Zealand
09 3034449

Endorphin Society, The
P O Box 26-090
Wellington, New Zealand
+ 64 4 564 4728
tes@paradise.net.nz
http://tes.mybdsm.com/

Uncommon Bonds in Christchurch
P.O. Box 36-371
Merivale, Christchurch
uncommonbonds@iname.com
http://www.geocities.com/SouthBeach/Pointe/2578/

NORWAY
FPE-NE
Postboks 1968 Vika
0125 Oslo
Norway
TV's

Grønn Mann
Postboks 1231 Flatum
3500 HØNEFOSS
Norway
93 80 81 14
grnman@online.no

Norwegian Watersport Club, NWC
Postboks 301
7001 Trondheim.
94 27 70 89
Norway

SMil Norway
Box 3456 Bjølsen
0406 OSLO
Norway
(+45) 7022 0024
stigma@powertech.no
http://home.powertech.no/stigma/smil/
Club Norwegian Members mag

Scandinavian Leather Men
Postboks 703, Sentrum
N-0106 Oslo
Norway
slm@newmedia.no
http://home.newmedia.no/slm/

SPAIN
Rouge et Noir
19 Inglaterra St.
Madrid, Spain
info:Apdo. 2052-39080
Santander
(908) 829821

Rubbtied
Fetish club
Apdo 1016
08228-Terrassa
6 09 361979

SWEDEN
BWW (Black Widow's Web)
Box 11489
404 30
Gothenburg, Sweden

Club Sunrise
CS Göteborgsgruppen
Box 236
431 23 Mölndal
(+46)510-177 38
goteborgsgruppen@clubsunrise.org.
http://www.clubsunrise.org/main.htm

Fetish Family
Ovre Majorsg. 4a
413 08 Gothenberg
(031) 775-9623

Royal Madness
Box 1469
S-171 28 Solna

SLM Göteborg
P.O. Box 5220
SE-402 24 GÖTEBORG
SWEDEN
+46 31 46 47 85 or
+46 31 91 80 20
slmgbg@kurir.net
http://www.geocities.com/WestHollywood/8483/contact.htm

SWITZERLAND
Temple of Madness
PO Box 258
8125 Zollikerberg
Switzerland
1 39158 76

TorThur
Postfach 37
8411 Winterthur
Switzerland
+41 (0) 52 233 01 12
torthur@gmx.net

pansexual.

Utopia
Fetish/SM events
Postfach 1021
CH-8045 Zurich
079 443 5193

National/International Headquarters & Community Outreach
The Defenders - gay & lesbian Catholic Leather/Levi support group. For information:
Defenders, New York
Post Office Box 1146, Old Chelsea Sta.
New York, NY 10011

Femina Society & School
Mother Chapter
P.O. Box 1873
Haverhill, MA 01831
female dominance

GLB Teen Hotline
1-800-347-TEEN
(Weekend Nights Only)

Houston Council of Clubs
2400 Brazos St.
Houston, TX 77006

Leather Archives & Museum
5007 North Clark Street
Chicago, IL 60640
773-275-1570 Archives
773-878-6360 Research Inquiries
http://www.leatherarchives.org/
Dedicated to preserving a record of our lifestyles, our communities, our achievements, and our history. "Located in Chicago, serving the world"

National Association Of Crossdressers
P.O. Box 497
Flint, MI 48501
male crossdressers

Feminists For Free Expression
2525 Times Square Station
New York NY 10108-2525
212-702-6292
Freedom@well.com
http://www.well.com/user/freedom

"KAP"
c/o Race Bannon
584 Castro St., #518
San Francisco, CA 94114.
Kink Aware Professional - Listing of professionals in psychological and medical practice who are aware and accepting of kinky sexuality. Send a SASE (two .29 stamps in USA) for current list.

Leather Pride Project
P.O. Box 23326
Seattle WA 98102,
(206)325-4275
Lthrpyde@shadowplay.com

National Coalition for Sexual Freedom, The
381 Manhattan Avenue
Brooklyn, NY 11211
(718) 383-3318
(718) 383-2397 FAX
NCSFreedom@aol.com
A national lobbying and advocacy coalition that promotes tolerance of sexual minorities and sexual minority practices. Includes all orientations and genders, with a specific commitment to the members of the SM/Leather/Fetish community.

NLA: International
3439 N.E. Sandy Blvd. #155
Portland, Oregon 97232-1959
http://www.nla-i.com

NLA: Deaf International
P.O. Box 30286
Columbus, OH 43230

New York SM Activists (NYSMA)
(718) 383-3318
KBeaton919@aol.com
http://swiftmail.com/nysma/
pansexual. The New York SM Activists is an ad hoc group of individuals who meet to discuss and plan projects of interest to the SM/Leather/Fetish community.

People Exchanging Power (PEP) (National) Information Literature
(908) 284-8028
(773) 604-1700
nancy@peplove.com
http://www.peplove.com/

SOC-PAC
P.O. Box 40625
Portland OR 97240
503-222-6151
political action committee

Society for Human Sexuality
1122 East Pike Street #1276
Seattle, WA 98122
(206) 736-5829
shs@shaman.lycaeum.org
http://www.sexuality.org
pansexual. devoted to appreciating human sexual expression/extensive (free) sex information web site.

Womanlink (National)
2124 Kittredge #257
Berkeley, CA 94704
women's group

U.S. Public Health Service AIDS Hotline
1-800-342-2437
(1-800-342-AIDS)

Appendix B: Stores, Suppliers, and Artisans

UNITED STATES
Tandy Leather (stores nationwide)
(817) 551-9600
Catalog supplies for leathercraft

ARIZONA
JK Perfect Personal Products
P.O. Box 13384
Scottsdale AZ 85267-3384
Rubber sheeting sold in bulk

Master Leathers
PO Box 36091
Tucson AZ 85740
800-939-7793
Mail order: bondage restraints, ball gags a specialty.

CALIFORNIA
A Taste of Leather
336 6th St.
San Francisco CA 94103
http://www.atasteofleather.com/
Catalog - Leather, SM toys, magazines, custom work

Adashi
1878 W. 11th St. #122
Tracy CA 95376
(800) 832-2744
Fax: (209) 836-0169
Dungeon equipment in steel, work, suspension gear, chastity belts & custom fabrication

Alternate Publishing/Wings Distributing
PO Box 14695
San Francisco CA 94114
altwings@best.com
http://www.alternatewings.com
(415)864-3456
(800)995-9240
(415)642-8249 FAX
gay. Catalog sales

Anonymous Leather & Mfg., Ltd
519 Castro Street #38
San Francisco, CA 94114
anon@anonlthr.com
http://www.anonlthr.com
online sales. custom leather, excellent whips, chain maille

Astral Ocean Cinema
Box 931753
Hollywood CA 90093
Fax: (818) 886-0017
Info@astralocean.com
http://www.astralocean.com/
Catalog: video, toys, novelties,

B. R. Creations
P.O. Box 4201
Mountain View, CA 94040
(650) 961-5354
brcorsets@aol.com
http://www.netmagic.net/~dmcgrath/brcreations/
Catalog - Custom fitted corsets, perhaps the best name in the business

Black Eagle
8350 Santa Monica Blvd.
West Hollywood, CA 90069
213-650-9211

Black On Black Leathers
P.O. Box 1485
El Cajon CA 92022
(619) 442-6614

Blowfish
2261 Market St #284
San Francisco CA 94114
415 252 4340
800 325 2569
415 252 4349 FAX
blowfish@blowfish.com
http://www.blowfish.com/
books, audios, mags, fashions CD's, toys, & videos. Catalog

Bon-Vue Enterprises
901 W. Victoria, Unit G
Compton, CA 90220
(800) 827-3787
Fax: (213) 631-0415
http://www.bondage.org/
Excellent collection of BDSM and spanking videos, also: art books, photos, and magazines.

Bullock Leather and Accessories
7985 Santa Monica Blvd.
West Hollywood CA 90046
(213) 665-5343
"Leather for Leathermen"

Butler's Uniforms
345 9th Street
San Francisco, CA 94103
(415) 863-8119
police uniforms and gear

California Stan's
7505 Foothill
Tujunga CA 91042
(818) 352-8735
Leather, lingerie. SM toys, adult toys, novelties, videos.

Catherine Coatney
P.O. Box 194492
180 Steuart Street
San Francisco, CA 94119
http://www.divaweb.com/ccd/ccd.html
Catalog - Plastic scene wear

Centurian/Spartacus
13331 Garden Grove
Garden Grove CA 92643
(714) 971-1113
Huge fetish dealer has catalogs

Chester, Mark I.
P.O. Box 422501
San Francisco CA 94142
415-364-1820
mchester@best.com
http://www.best.com/~mchester/

Club Chateau
7407 Fulton Ave.
North Hollywood, CA 91605
818-503-3034

CM Hurt
13121 Brookhurst Street, Suite H
Garden Grove, CA 92843
(714) 537-2269
piercing, scarification, chastity devices

Crypt on Washington, The
3840 Park Blvd.
San Diego CA 92103
(619) 692-9499

Crypt, The
North Park Adult Video
4094 30th Street
San Diego, CA 92104
619-284-4724

Crypt on Broadway, The
1712 E. Broadway
Long Beach CA 90802
(562) 983-6560

Crypt at Wolf's S.D., The
3404 30th Street
San Diego, CA 92102
(619) 574-1579

Crypto Technologies Corp.
3132 Jefferson Street
San Diego CA 92110-4421
619-220-7900
619-220-7924 FAX
Mfg. & 8 stores (The Crypt) SM/leather/fetish toys, books, etc.

Daedalus Publishing Company
584 Castro Street, Suite 518
San Francisco, CA 94114
415-626-1867
415-487-1137 FAX
daedalus@bannon.co
http://www.bannon.com/daedalus
Publisher of excellent leather/SM/fetish books

Dark Garden Unique Corsetry
321 Linden Street
San Francisco, CA 94102
(415) 431-7684
(877) 431-SNUG – Toll Free
(415) 431-7699 – FAX
corset@darkgarden.net
http://www.darkgarden.net
Catalog - period corsets

Deviant
P.O. Box 720967
San Jose, CA 95172
408-971-6366
http://www.liquidlatex.net/
Mail order. Liquid latex.

Draconian Leather by Metz
2325 Chester Lane #A
Bakersfield CA 93304
(805) 631-8760
fine handcrafted whips

Dream Dresser
8444-50 Santa Monica Blvd.
W. Hollywood, CA 90069
323-848-3480
http://www.dreamdresser.com
fashions

Eastern Currents
3040 Childer Lane
Santa Cruz, CA 95062
(800) 946-9264
Needles & accupuncture supplies

Erotec
6928 Shadygrove St.
Tujunga CA 91042
(818) 352-4344
No retail sales. Specialty toys

Especially For Me
113 N. First Ave.
Upland CA 91786
(800) 946-4204
Fax: (909)946-5500
Mail order: xdress, adult baby

Fashion World International
9777 Business Park Dr
Suite C
Sacramento, CA 95827
916-631-8777
(916) 631-9339 Fax
fwi@fantasyfashion.com
http://www.fantasyfashion.com/
Corsets, lingerie, latex, boots, PVC, sissy maid clothes

Fit To Be Tied

222 Main Street
Suite D
Seal Beach CA 90740
(562) 597-1234
(562) 431-2868
ftbtlatex@aol.com
http://www.ftbt.com
Latex clothing, shoes, boots

Flash Productions
Box 410052
San Francisco CA 94141
Fetish videos and photos.

Frederick's of Hollywood
Box 229
Hollywood CA 90099-0164
(818) 993-3988
http://www.fredericks.com
Lingerie, slutwear

Frugal Domme, The
Modesto, CA
(209) 574 0686
Domina@frugaldomme.com
http://www.frugaldomme.com
online-sales

Gasmask Store
7657 Winnetka Ave.
Winnetka, CA 91306
818-999-1257
Uniforms, chemical suits & gas masks

Gauntlet
2377 Market St.
San Francisco CA 94114
(415) 431-3133
Body piercing jewelry and services

Good Vibrations
2504 San Pablo Avenue (@ Dwight)
Berkeley, CA 94702
(510) 841-8987
goodvibe@well.com
http://www.goodvibes.com/

Good Vibrations
1210 Valencia Street (@ 23rd Street)
San Francisco, CA 94110
(415) 974-8980
http://www.goodvibes.com/

GPS
PO Box 1398
Cathedral City, CA 92235
619-202-1425
liquid latex, molded boots, rubber diving suits

Gravity Plus
P.O. Box 2182
LaJolla CA 92038
(800) 383-8056
Gravity boots and inversion tables

Heartwood Whips of Passion
412 N. Coast Hwy. #210
Laguna Beach CA, 92651
(949) 376-9558
http://www.webwave.net/heartwood/
One of the finest crafters of floggers and cats in the business – Whips to die for.

Image Leather
2199 Market St.
San Francisco CA 94114
(415) 621-7551
Custom leather and adult toys

Iron Line
4001 San Leandro St. #30
Oakland, CA 94601
510-436-0662
Blacksmithing, collars, manacles

Lashes by Sarah
2336 Market Street, #39
San Francisco, CA 94114
(415) 206-9447
Lashes@sirius.com
http://www.sirius.com/~topgrrl/sarah.htm
excellent whips and floggers

Leather Masters
969 Park Ave.
San Jose, CA 95126
(408) 223-7660
(408) 293-7685, Fax
(408) 293-8272, TTY
leathermaster@leathermasters.com.
http://www.leathermasters.com/
All kinds of fetish toys, novelties and fashions, catalog available

Leather, Etc.
1201 Folsom St.
San Francisco CA 94103
(415) 864-7557
Manufacturers of leather, clothes, lingerie, and latex fetish wear.

Leather Maker, The
5720 Melrose Ave.
Los Angles CA 90038
(213) 461-1095

Leather Superior
1200 A Contra Costa Blvd
Concord, CA 94523
925-671-2513
Fetishwear, bondage gear

Leda Productions
PO Box 632
San Marcos, CA 92079
(909) 763-4556
Fem-Dom and spanking videos

Ledermeisters, Inc.
4470-107 Sunset Blvd.
Los Angeles CA 90027
(213) 664-6422
Mail order: Male oriented bondage gear, books

Lip Service
130 S. Anderson Street
Los Angeles, CA 90033
323-260-7308 ext. 207
Mail order gosh/fetish fashion

Love Table, The
1023 University Ave.
San Diego CA 92103
(619) 465-5566
Mfg. "The best fuckin' table ever"

Lyndon Distributors Limited
15756 Arminta Street
Van Nuys CA 91406
(818) 988-0228

Magick & Fetish Shop
3934 W.Sunset blvd
Silverlake, CA 90029
(323) 660-1575
(888) 467-BDSM
Valarie7@aol.com

Mind Candy Emporium
P. O. Box 931437
Cherokee Ave.
Hollywood CA 90093
Catalog - rubber, PVC and leather clothing

Monique of Hollywood
P.O. Box 85151
Los Angeles CA 90072
Lingerie, heels, boots, books, magazines, videos

Mr S Leather Co. & Fetters USA
310 7th St.
San Francisco, CA 94103
(415) 863-7764
(800) 746-7677
(415) 863-7798 Fax
hunter@mr-s-leather-fetters.com
http://www.mr-s-leather-fetters.com/
Catalog - SM toys, bondage gear, in huge variety & great reputation

New Twist, Inc.
520 Washington Blvd.
Marina Del Rey CA 90292
(310) 645-1069
(310) 645-3949
Women only bondage videos

Nu-West Productions
PO Box 1239
San Marcos CA 92079
(619) 630-9979
fem/submissive spanking videos

Passion Flower
4 Yosemite Ave.
Oakland CA 94611
(510) 601-7750
(510) 658-9645 Fax
SM & other sex toys, leather, ligerie, books, magazines. Female oriented store and mail order.

Platinum Video
4501 Van Nuys Blvd.
Sherman Oaks CA 91403
(818) 503-0280
(818) 503-0289 FAX
top123@earthlink.net
http://www.coed.com
Fetish videos

Playmates
6438 Hollywood Blvd.
Hollywood CA 90028
(213) 464-7636
Lingerie, erotic fashions, PVC, latex, some SM toys

Pleasure Chest, The
7733 Santa Monica Blvd.
West Hollywood, CA 90046
(213) 650-1022
(800) 75-DILDO
(213) 650-1176 FAX
Catalog - One of the world's largest collections of adult sex toys

QSM (Quality SM)
1647 Sanchez Street
San Francisco, CA 94131
415-550-7776
800-537-5815
415-550-7117 - FAX
info@qualitysm.com
http://www.qualitysm.com
One of the largest SM and alternate sexuality literature sellers, also holds SM classes.

Raelyn Gallina
P.O. Box 20034
Oakland CA 94620
(510) 655-2855
Piercer and makes piercing jewelry.

Redboard Video
PO Box 2069
San Francisco CA 94126
415/243-0509
415/243-9611 Fax
http://www.redboard.com/
Spanking, Bondage, Fem-Dom & shaving videos, catalog available

Retail Slut
7308 Melrose Avenue
Hollywood, CA 90046
213-934-1339
retailslut@earthlink.net
http://www.hallucinet.com/retailslut
Rude & nasty clothes

Rob of San Francisco
22 Shotwell
San Francisco CA 94103
(415) 252-1198
Catalog - SM toys and leathers

Romantasy
2191 Market Street

San Francisco, CA 94114
(415)487-9909
(415)487-9929 FAX
http://www.romantasy.com/
BBDSM and stuff for romantics, art, books, fashions, lingerie, corsets, , toys, videos, catalog.

SAM Co.
C/O Bill & Debby Majors Enterprises
P.O. Box 92889
Long Beach CA 90809-9988

Custom leather work
Sarah's Bare Necessities
1909 Salvio Way
Concord CA 94518
(925) 680-8445
Leather, SM toys, lingerie, clothing , books, mags catalog

Sorodz
P.O. Box 10692
Oakland CA 94610
510-482-8252
Catalog - SM toys, whips, synthetic canes, and bondage gear

So Hip it Hurts
PO Box 192995
San Francisco, CA 94119-2995
419-995-9510
Catalog - Latex clothing., custom

Source Leather Shop, The
P.O. Box 1069
Forestville CA 95436

SportSheets International
PO Box 7800
Huntington Beach, CA 92615-7800
949-574-1500
949-574-1502 FAX
info@SportSheets.com
http://www.sportsheet.com/
Mfg. of the velcro bondage sheets. Versatility in positioning and secure, but easily escapable. Fun!

Steel de Sade
11342 Volans Street
San Diego, CA 92126-1345
619-549-7065

Stockroom, The
2140 Hyperion Ave
Los Angeles, CA 90027
(800) 755-8697
(323) 666-2121
(800)357-8697 FAX
info@stockroom.com
http://www.stockroom.com
previously known as JT Toys
Catalog - Leather, sex toys, videos and SM gear

Stormy Leather
1158 Howard St.
San Francisco CA 94103
(415) 626-1672
(415) 626-0308 FAX
info@stormyleather.com
http://www.stormyleather.com
Excellent leather and SM toy boutique, leather latex, shoes & boots, bondage & SM toys, books and mags. Retail and wholesale.

Syren
7225 Beverley Boulevard
Los Angeles, CA 90036
323-936-6693
323-936-7586 FAX
Syren@ix.netcom.com
http://www.syren.com/
Rubber designs by Andy Wilkes (made Catwoman's outfit)

Versatile Fashions
1925 E. Lincoln
Anaheim, CA 92805
(714) 776-1510 Store
(714) 538-6498 Mail Order
versatile_fashions@yahoo.com
http://www.versatile-fashions.com/
Mfg. of B&D & fetish equipment, fashions & accessories. Also sells videos, 14 catalogs available.

Voyages
Post Office Box 78550
Department 903
San Francisco CA 94107-8550
(415) 495-4937 (service)
(415) 896-0706 (orders)
(415) 896-0933 (fax)
Hot fashions in spandex and satin

Wayne's LeatheRack
4216 Melrose Ave.
Hollywood CA
(818) 891-4228
Leathers, SM toys and custom clothing (in Griff's leather bar)

Whiplash
3787 Fourth Avenue
San Diego, CA 92103
619-295-4322

Xandria Leather Collection
Lawrence Research Group
165 Valley Drive
Brisbane, CA 94005
415-468-3805
800-242-2823
415-468-3912 FAX
info@xandria.com
http://www.xandria.com
pansexual. Fetish fashions and accessories

COLORADO
CJ's Leather
5 E Ellsworth
Denver, CO 80209
303-715-1157
Heavy B&D wear & equipment

Crypt, The
131 Broadway
Denver, CO 80203
(303) 733-3112
Large selection of SM toys, leather, books, and videos

Crypt Entertainment Center
139 Broadway
Denver CO 80203
(303) 778-6584
SM toys, books, magazines, videos and leather

Dreams and Desires
1956 Wabash St.
Denver CO 80220
(303) 329-0778
Lingerie, leather, lotions and toys

Imi jimi
609 East 13th Ave.
Denver CO 80203
(303) 832-1823
303-832-3018 – FAX
info@imijimi.com
http://www.imijimi.com/
Sensual leather

Kitty's East
735 East Colfax Ave.
Denver CO 80203
(303) 832-5155
SM toys, leather, adult toys

Leather and Lace
2028 E. Colfax Ave.
Denver CO 80206
(303) 333-4870
(800) 441-4695
Fax: (303) 333-8141
Lingerie, leather, catalogs

UZI
508 East Colfax
Denver CO 80203
303-832-4870
corsets & stock pervwear

Zip-Up Leathers
19 East Bayaud Ave.
Denver CO 80209
(303) 733-7442
(303) 863-9233
Creates erotic leather apparel. Custom work available. catalog

CONNECTICUT
Atlantis Body Arts
342 Bridgeport Avenue
Milford, CT 06460
(203) 878-3167
doctor certified, custom work a specialty, piercing and tattoos Kim, the office dom approved.

Fantasy Isle
2 Mill Ridge Road
Danbury CT 06811
(203) 743-1792
Adult & SM books, mags, adult toys, SM toys and furniture

Iron Rose
60 Skiff Street, Suite 766
Hamden, CT 06517
(203) 776-0185
(888) 858-9755 Toll Free
sales@iron-rose.com
http://www.iron-rose.com
fetish clothing, adult toys, books, videos. online sales.

Jim Young - Leather Creations
P.O. Box 2212
Hartford CT 06145
E-mail:75730,3031@compuserve .com
Catalog - Leather gear and custom designs

Leather Harvest, The
82 Tolland St.
East Hartford, CT 06108
(860) 290-8981
Roy@Leather-Harvest.com
http://www.leather-harvest.com/
Excellent BDSM toy boutique

Posey Company Northeast
Thomas S. Haley Assoc. Inc.
P.O. Box 8097
Berlin CT 06037
(800) 243-0627
(203) 828-0547
Medical restraints

Rena's Ultra Boutique
76 Bank Street
Seymore CT 06483
(203)888-5164
(800) 828-7362
(203) 888-7667 FAX
http://www.renas.com/
Specialists in TV fashions and accessories, selection of lingerie, bondage, leather, SM and toys

Strangeblades & More
54 Hazard Avenue #175
Enfield, CT 06082
860-741-2965
sblades@sblades.com
http://www.sblades.com/
Chainmail, custom leather and metalwork, knives, and jewelry

Tyler Labs
Box 2551
Hartford, CT 06146-2551
860-872-8468
Fax: (203) 871-0293
BethTyler@aol.com
http://www.bethtyler.com/

Videos: bondage, enemas, spank custom videos and photo shoots

Water Hole Custom Leather Inc.
982 Main Street
East Hartford, CT 06108-2220
(860) 528-6195
(800) 390-6674
(860) 289-3025 FAX
Buck@water-hole.com
http://www.water-hole.com
Bondage toys and an pony gear

FLORIDA

Christine's Lingerie
11124 N. 30th St.
Tampa, FL 33612
(813) 979-0154
(800) 357-6161
(813) 978-0328 FAX
LadyC@Gate.net
http://www.qualia-net.com/ladyc/christine.html
Leather and lace lingerie, SM toys, books catalog

Eurotique
3109 45th Street
West Palm Beach, FL 33407-1915
(561) 684-2302
(561) 684-2877 FAX
eurotique@aol.com
http://www.eurotique.com

Fallen Angel
3045 N. Federal Hwy
Store 98 Coral Center
Fort Lauderdale FL 33301
(305) 563-5230
10-5 Monday, Catalog - SM toys, leather, and gear

Fantasy Island Innovations, Inc.
1304 SW 160th Ave.
Sunrise FL 33326
(800) 785-9955
Mail order: Leatherwear, SM toys, books, novelties

Fetish Factory
821 N. Federal Highway
Ft. Lauderdale, FL 33304
954-462-0032
954-462-6722 FAX
fetfac@mediaone.net
http://www.fetish-factory.com
fetishwear

French Addiction
819 West University Ave.
Gainsville FL 32601
(352) 373-6628
(800) 719-4332
sales@frenchaddiction.com
http://www.frenchaddiction.com/
Lingerie

Glitzy Tartz of London
1251 Washington Avenue
Miami Beach, FL 33139
305-535-0068
Fetish wear

Hot Box
21346 St Andrews Blvd #2601555
Boca Raton, FL 33433
561-347-2843
Sculpted rubber art/fashion

La Cienture de Chastete
10 Tarpon Drive
Vero Beach, FL 32960
561-778-3259
locking steel chastity belts

Leather Closet, The
496 Orange Blossom Trail
Orlando FL
(407) 649-2011
Leathers, toys and SM gear

Leather Master
418-A Appelrouth Lane
Key West, FL 33040
(305) 292-5051
lmkw@aol.com
Toy shop for the adventurous.

Outrageous Creations
PO Box 1608
Orlando FL 32802
(407) 898-5897
Floggers, paddles, hoods, bondage equipment, and custom leather, lovely work!

Preston Graphics
P.O. Box 451592
Sunrise FL 33345-1529
(954) 581-5048
(954) 581-1627 FAX
Preston@prestongraphics.com
http://www.prestongraphics.com/
Custom SM graphics, you describe it and they create it

Shadowfax Leathercraft
P.O. Box 10451
Sarasota FL 34278-0451
SM & bondage gear. Master Shadowfax does custom work

Silk & Lace
8466 N. Lockwood Ridge
Sarasota FL 34327
Lingerie, SM & fetish toys fashions, modeling services, also sells through BBS. 10 stores in FL

South Beach Tattoo & Piercing
861 Washington Avenue
Miami Beach, FL 33139

Sugar & Spice
2035 N. University Drive
Sunrise, FL 33322
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1-800-791-3931
Catalog. Medical devices.

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Atlanta GA 30307-1925
(404) 681-0650
Kinky and cult videos

Brushstrokes
1510 Piedmont Avenue NE
Atlanta GA 30324-5032
(404) 876-6567
Gay bookstore with some SM books, and toys

Elegant Trash
3180 Roswell Road
Atlanta GA 30305-1850
(404) 233-3877
(404) 336-0358 appointment
fetish clothing & custom toys

Lalapalooza
6624 Dawson Blvd.
Norcross GA 30093
(404) 378-6558
Fetish clothes and gear

Leather Post, The / Taz Men
842 N. Highland Ave. NE
Atlanta GA 30306
(404) 873-5080
Leathers, toys, SM gear and custom work

LifeStyle Leather and Wood
Atlanta (metro area), GA
lslw@mindspring.com
http://www.mindspring.com/~lslw/
online sales. whips, collars, wood paddles, cuffs, clamps

Midnight Blue
394-D Cleveland Avenue
Atlanta GA 30315-8143
(404) 766-6288
Lingerie and leather

Mohawk Leather
308 Ponce De Leon Ave. NE
Atlanta GA 30308-2013
(404) 874-4732
Leather goods and toys located in The Eagle, a gay leather bar

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Chicago IL 60607
(312) 226-5222
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(773) 276-5770 Fax
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Fetish/Fantasy fashions

Lifestyle
PO Box 4,
Holsworthy, Devon EX22 7YL
England
Catalog - Leather, PVC, lingerie

Loco
shop:
32 D'Arblay St.
London W1
mailorder:
20a The Broadway
Stoneleigh, Surrey
KT19 0RP, England
(44 81) 786-7347
Catalog - rubber fetish fashions

LoveCraft of Cardiff
80 Cowbridge Road East
Cardiff CF1 9DW
01222 387 168
Fetish clothing sizes 8 to 26 and footwear sizes 3 to 12

Lush
Unit 310, Clerkenwell Workshop
31 Clerkenwell Close
London EC1

England
(44 71) 253-2975
Leather corsets, basques, jackets

MasterWorks
PO Box 601
Gravesend DA11 9YN
0966 211829
Custom dungeon

Maxitosh
PO Box 1377, Long Ashton
Bristol BS18 9JW
England
Lingerie and outerware, custom

MC Customs
PO Box 1377
Paisley PA6 2YD
Leather straps, tawses, paddles

Mediquip
Follygate
Okehampton, Devon
EX20 3AQ
(44) 837-3710
Catalog - Medical equipment

Michelle Fashions
105 Epping New Rd,
Buckhurst Hill,
Essex IG9 9TQ
England
07000 782 237
Fetish fashions and rubber

Midnight Lady
20-24 Cardigan St,
Luton LU1 1RR
(44 5) 822-2180
Catalog - wetlook and leather

Modern Armour
Unit 82, Spirella Bldgs
Bridge Road
Letchworth Herts SG6 4HD
England
(44 46) 248-3458
fetish fashions in rubber

Murray & Vern
20b Tower Workshops
Riley Road
London SE1 3DG
+44-(0)171-394 1717
+44-(0)171-394 1890 FAX
Wholesale fetish fashions in latex
Pure@murrayandvern.com
http://www.murrayandvern.com

Nocturnal
Suite 1, Chancery House
319 City Road
London EC1V 1LJ
0191 425 4259
clamps, cuffs, shackles, spreaders

Obsessions
1b Coleherne Rd
London SW10
England
(44 71) 224-8220
Fetish gifts and clothing

Pagan Metal
Unit 45a, Basement,
Trocadero, Piccadilly Circus
London W1
England
(44 81) 674-1076
Catalog - fashion in leather /metal

Pam Hogg
5 Newburgh St
London W1
England
(44 71) 287-2185
Leather, PVC, lycra

Paradiso
60 Dean Street
Soho, London
W1V 5HH
+44 (0) 171 287 6913
+44 (0) 181 348 9352 FAX
Rubber, PVC, lingerie

Passion Bed Co.
PO Box 78
Blaydon-on-Tyne
Tyne & Wear NE21 5YS
01207 545460
iron beds, chairs, tables, cages

Pentonville Rubber Company
50 Pentonville Rd.
N1 9FG.
England
(44 71) 837-0283.
Rubber sheeting

Pussycat
123 Hammersmith Rd.
London W14
Makers of rubberwear, latexacare for rubber, Pussycat magazine

Quality Control
PO Box 4127
Selly Oak,
Birmingham B29 4LF
0121 4762636
Hand made leather.

RAGE
6 Green Dragon Court
Bridge Arcade
London Bridge, London SE1
England
(44 71) 403-4337
Catalog - Rubber fashions

RGL Designs
Freepost BU767
351 Glenfield Park
Lomeshaye Ind. Est.,
Nelson, Lancs. BB9 7DR
01282 697866
http://www.subnet.co.uk/sabinfo/rgl
leather bondage discipline equipment

Rainshine
10 Burnley Rd.
Moreton, Wirral,
Merseyside L46 9QF
England
Mail order. rubber, macks, heels, videos.

Regulation
17A St Albans Place
Islington, London, N1 ONX
0171 226 0665
Military, medical, industrial, bondage, leather and rubber

Religion
The Clothes Shop,
50 Park Row,
Bristol BS1 5LH
(44 27) 229-3754
Catalog - Fetish clothing and gear

Remawear
Sherwood House,
Burnley Rd.
Todmorden,
Lancs OL14 7ET
Catalog - leather and rubber bondage and SM gear

Rgl Designs
Glenfield Park, Lomeshaye Ind. Estate
Nelson, Lancs BB9 7DR
England
(44 28) 269-7866
Catalog - SM equipment, custom work

Ripplesmooth
117 Icknield St.
Birmingham, B18 6RZ
England
(44 21) 236-1743
Latex rubberwear, bondage & SM gear

RoB
24 Wells Street
London W1P 3FG
0171 7357893
leather and rubber clothing & accessories

Roissy Workshops
Diverse and Diabolical Devices add atmosphere to special events, Dungeon hire, design and fabrication. Reputed to be the largest travelling BDSM fairground in Europe. Molly highly recommends Master Laurence of Roissy for knowledge, intelligence and a wicked wit. Contact
Master@janusbreed.demon.co.uk

Rubber Fashions
46 Stanley Street
Cheetham, Manchester M8 8AX
0161 834 9481
England
0161 834 9481
0161 832 6098 FAX
enquiries@rubberfashions.com
http://www.rubberfashions.com/
Catalog - Rubber clothing

Sacred Art
148 Albion Road
London N15 5PA
0171 254 2223
piercing, tattooing, jewelry

SealweaRegent Chambers
15 Westover Rd.
Bournemouth, Dorset,
BH1 2BY
England
+44 1202 290675 voice & FAX
http://www.argonet.co.uk/users/jhayes/scal/catalogue.html
Rubberwear, catsuits, etc.

Sentry Box, The
PO Box, 722
London Se17 3NT
England
(44 71) 735-1116
Catalog - men's leather and rubber

She-An-Me
123 Hammersmith Rd.
London W14 0QL
(44 71) 603-2402
also at:
Fun Fashions 48 Windsor St.
Uxbridge, Middlesex
England
(44 89) 527-1668
Catalog - plastic clothes, corsets, high heels, rubber

Showgrade
PO Box 10
Bramhall, Stockport, SK7 2QF
England
Wetlook clothing

Silent Servants
PO Box 320
Cheltenham GL51 5YX
Bondage stools, madam and maid character tables and lights

Skin Two
Unit N 306
Westminster Business Square
1 – 45 Durham Street
London SE11 5JH
England
0171 840 0146 voice
0171 735 0355 FAX
orders@skintwo.co.uk
http://www.skintwo.co.uk/clothing Catalog - Leather and

rubber clothing (Publishers of the famous Skin Two Magazine)

Skint
P.O. Box 136
Norwich NR3-3LJ
England
SM and TV Leather, fantasy, fashion wear

Slinky's
10 Walkers Court
Soho, London
W1R 3FR
0171 434 1716
http://www.delirio.demon.co.uk/slinkys.htm
fetish clothing & equipment

Strawberry Steel
Mr. Colin Fabulous
Tickenham Forge
Stone Edge Batch
Clevedon, N. Somerset BS21 6SF
01275 854004
hand-forged furniture and more.

Studio 40
40 Berwick Street
London W1
England
437-0811
Catalog - leather and latex wear and gear

Sunshine
Sherlock House, Wallasey
Merseyside LL45 4JB.
England
Latex lined raincoats

Tabby
PO Box 916
Westcliff on Sea, Essex SS0 8QD
England
Catalog - corsets, PVC, satin

Tagamah and feish
BCM Blindfold,
London WCIN 3XX
England
Fantasy outfits, custom work

Tentacle
P.O. Box 20
Grantham
Lincs NG33 5RB
Catalog - Rubber skin suits, masks, fetish furniture

TFM Co.
88 Chapel Street
Tiverton, Devon EX16 6BU
01884 34958
tables & chairs, folding rack

Tight Situation
P.O. Box 860
London SE12 0LL
(44 81) 857-7146
Catalog - Fetish clothing

Tollyboy Products
P.O. Box 27
Dronfield
Sheffield S18 6DN
England
(44 74) 289-0575
Custom steel chastity devices

Tusk
4 Stukely Street
London WC2B 5LT
0171 404 5999
piercing studio

Una Deva
PO Box 1426
Shepton Mallet
Sommerset BA4 6HH
England
(44 74) 983-1397
Catalog - Rubber, PVC gloves, clothes

Van Saper Designs & Erisian Garbs Tailoring ** NEW **
9 Boyces Street
Brighton, Europe
Tel/Fax: 01273 748887

Victoria Regine
PO Box 192,
Wolverhampton WV4 5TS
England
(44 90) 233-6191
Rubber, leather, corsetry, custom
work

Voller's
6-9 The Approach
Claybank Road
Portsmouth, Hants. P03 5LL
England
(44) 01705 799030
(44) 01705 799031 FAX
vollercorsetco@btinternet.com
Corset specialists, one of the big names in corsetry

Weather Vain
283 Sandycombe Rd,
Kew Gardens,
Richmond-upon-Thames
Surrey TW9 3LU
(44 81) 940-0156 voice & FAX
Weathervain@btinternet.com
http://www.weathervain.com/
rubberwear, magazines and videos

Westward Bound
27 Old Gloucester St.
London, WC1N 3XX
(44 56) 677-6907
Bed-& breakfast-dungeon, also sells SM clothes & toys

Zeitgeist
64-66 Holloway Road
London N7 8JC
England
(44 71) 607-2977
info@zeitgeist.co.uk
http://www.zeitgeist.co.uk/
Catalog - high heels, rubber, leather, plastic clothes

Zipper
283 Camden High St
London NW1 7BX
England
(44 71) 267-0021
gay rubber and leather shop

FINLAND
Decadence
PO Box 245
SF-00181 Helsinki 18
Finland
069 48 898
Fetish clothing and shoes

LL&SS
Taidekustannus, PL 361
65101 VAASA
Finland
(358) 962 42 123 (24 h)
Lingerie

FRANCE
Galactica
31 Blvd de Clichy
75009 Paris
France
(33 1) 4874-5671
Lingerie, rubber

Latex Seduction
c/o
Mme Guerif BP651
44018 Nantes
Cedex 01, France
Rubber fashions

Les Folies de Sade
28b rue Fosse'-aux-Loups
1000 Bruxelles, France
(33 1) 2219-7997
Fetish clothing and gear

Librarie des Artists
19 Blvd de Clichy
75009 Paris
France
(33 1) 4282-1190
Fetish fashions

MGL Sexy Lingerie
144 Rue St-Denis
75002 Paris, France
(33 1) 4221-3334
Fetish fashion and SM gear

Modern Style
Julicher Str 10
5000 Koln, France
(33 1) 2221-1080
Rubber, leather, and PVC clothes

Phylea
61 rue Quincampoix
75004 Paris, France
(33 1) 4276-0180
Fetish fashions

Planet Alice
4 rue Diodore Raoult
38000 Grenoble, France
(33 76) 42-7032
Fetish fashions

SCL <<O>> Fashion
5 rue des Vosges
68200, Didenheim
France
(33 89) 06-1040
SM, rubber, wetlook fashions

Zaza
PB 90302
44203 Nantes, Cedex 2, France
female domination videos

GERMANY
Annette K Fashion
Helmholzstr 28,
4000 Dusseldorf
(49) 021/137-4476
Rubber, PVC and heels

Black Style
D 10439 Berlin
Seelower Str. 5
+49 30 44 68 86 96
+49 30 44 68 86 94 FAX
Blackstyle@t-online.de
http://www.blackstyle.de

Boutique de Sade
Erichstrasse 41
D-20359 Hamburg
Germany
(49) 040/314-4119
PVC, latex, leather, shoes, SM toys

Boutique Highlights
Gabelsberger Str. 68
D-80333 Muenchen
Germany
(49) 089/527475
Leather, rubber, clothing, shoes

Caprice
Erwin Balzstr 73
Stuttgart, Germany
(49) 071/176-9074 voice
(49) 071/176-1945 fax
leather and rubber

Dream & Fantasy Fashions
Postfach 410309
D-1000 Berlin 41
Germany
(49) 030/792-7760
Catalog - Rubber, leather, PVC, books, SM toys, custom work

Domination Mailorder Service
POSTFACH 81 02 43
D-81902 Muenchen
Germany
(49) 089/930-6980
Leather, latex, shoes, SM toys

Fashion Cats
Vulkanstr 33
D-40227 Dusseldorf
Germany

(49) 021/178-7276
Rubber and PVC

Full Moon Fashions
Postfach 520430
2000 Hamburg 52
Catalog- women's rubber fashions

Hautnah
Uhlandstr. 170 near Kudamm
10719 Berlin
Germany
030-882 34 34
Rubber, plastic, leather, shoes
And
Nikolaistr. 12/14
04109 Leipzig
0341-961 68 24
Latex, PVC clothing

High Heels
Holderlinstrasse 53
D-70193 Stuttgart
Germany
(49) 071/129-1676
Fetish shoes

Karo Designs
Post Office Box 601303
D-22213, Hamburg
Germany
Catalog - Plastic bubble-wear

Kunzmann
Postfach 1047
7530 Pforzheim
Catalog - fetish clothing maker
shop:
Lanhausstr 2
7536 Ispringen
Germany

Lampe
Postfach 500942
2000 Hamburg 50
Germany
Catalog - rubberwear

LGS
Bachumer Strasse 76
4650 Gelsenkirchen
Germany
(49) 0209/22214
Catalog - SM gear, furniture, books, videos

Love & Flash
Zentralstr. 13-17
D-31785 Hameln
Germany
(49) 05151/28769
Leather, rubber, heels, corsets

Modern Style
Julicher Str. 10
D-50674 Koln
Germany
(49) 0221/211080
Rubber, leather, plastic, shoes

Moonlight Fashion
Postfach 18 01 28
D-33691 Bielefeld
Germany
Catalog - Leather and lingerie

MVS Erotik-Versand
Poststrasse 46
D-44269 Herne
Germany
(49) 02323/18028
(49) 02323/51471 (fax)
Catalog - High heels, boots, corsets, rubber, leather, SM toys

Nima
Wolfstrasse 16
5000 Koln 1
Germany
(49) 02212/36328
Catalog - Leather

<<O>> Fashion Shop
TECHCOM GmbH
Kronprinzenstr. 30
D-42655 Solingen
Germany
(49) 0212/56626
(49) 0212/549094 (fax)
Fetish fashions

Opera
Zeughausgasse 20
3011 Berne
Germany
(49) 0312/28458
Rubber, leather, PVC, shoes, boots

Pourquoi Pas
BMBH, Mainzer Str 28,
D-6600 Saarbrucken
Germany
Catalog - fetish fasions

Schlagzeilen/Charon Verlag
Simon von Utrecht Straße 4 c
D-20359 Hamburg
Germany
49-(0)40-31 32 90
49-(0)40-31 32 04 FAX
redaktion@schlagzeilen.com
http://www.schlagzeilen.com
heterosexual

Schwarze Mode
Grunewaldstrasse 91,
1000 Berlin 62, Germany
(49) 784-5922
Fetish fashions

Secrets
Marienplatz 1,
5000 Koln 1, Germany
(49) 0221/244100
Leather and rubber fashions

Schau Mode
Paul-Hindemith-Ring 18
D-63110 Rodgau
Germany
(49) 06106/18379
Catalog - Rubber, PVC, leather, shoes custom work

Sin `A' Matic
Postfach 1561
D-91005 Erlangen
Germany
Catalog - Rubber, PVC, leather
shop:
Jakobinenstr. 1
D-90762 Fuerth
Germany

SW3
Herschelstr. 32
D-30159 Hannover
Germany
(49) 0511/1317229
Fetish fashions

Sexy Cats
Industriestrasse 10
D-40227 Duesseldorf
Germany
Rubber, PVC clothing

Walter's Leder Boutique
Martin-Luther-Str. 45
D-10779 Berlin 30
Germany
(49) 030/2111897
Leather, latex
also:
Reichenbachstr. 40a
D-8046900 Muenchen
Germany
(49) 089/2015062

Zweite Haut
Wilhemshoher Str 16,
D-12161 Berlin
Germany
(49) 030/8218603
Catalog - mail order rubber
custom work available

ISREAL
Air Transilvania
Sheinkin 58
Tel-Aviv, Israel
Latex & PVC wear

JAPAN
Azzlo
21 Sakamachi
Yotsuya, Shinjuku-ku
Tokyo 160, Japan
(813) 3356 9267
Fetish Fashions and gear

Dynasty
3-2-4, Shioji-cho,
Mizuho-ku, Nagoya,
Japan
(81) 052 853 1144
Wetlook, PVC, rubber fashions

Fetish Fashion
The Cockloft
32 Cochrane Streeet
Hong Kong
+852 2544 1155
+852 2524 9216 FAX
fetish retail and play spaces

THE NETHERLANDS
Ben's Fashion
PO Box 363
4600 AJ Bergen op Zoom
Holland
+31 164 25 69 42
+31 164 25 91 27 FAX
rubber@bensfashion.com
http://www.bensfashion.com
rubber clothing, BDSM gear

Bizarre Design
P.O. Box 3184
Marnixstraat 394a
Amsterdam 1017 PL
Holland
(31 20) 627-6844
custom leathers, corsets, SM wear

CHRISTINE LE DUC
Schieweg 108
NL-3038 BC Rotterdam
Holland
(31 10) 467-9527
Chain of adult shops with wide selection of SM toys Catalog sales also (see mail order address)
also:
Walstraat 55
NL-6811 BD Arnhem, Holland
also:
Ged. Zuiderdiep 88
NL-9711 HL Groningen, Holland
also:
Amsterdamsestraatweg 310
NL-3551 CT Utrecht, Holland
also:
Vughterstraat 62-64
NL-5211 GK s'Hertogenbosch, Holland
also:
Willemstraat 33
NL-5611 HB Eindhoven, Holland
also:
Haagdijk 14
NL-4811 TT Breda, Holland
also:
Generaal Cronjistraat 77
NL-2021 JC Haarlem, Holland
also:
Piet Heinplein 1
NL-2518 CA den Haag, Holland
(31 20) 362-5295
also:
Reguliersdwarsstraat 107
NL-1017 BL Amsterdam, Holland
(31 20) 623-1321
also:
Leidsekruisstraat 33
NL-1017 RG Amsterdam, Holland
(31 20) 623-2646
also:
Dautzenbergstraat 5
NL-6411 LA Heerlen, Holland
also:
Bloemenstraat 78

NL-6511 EM Nijmegen, Holland
also:
Spui 6
NL-1012 WZ Amsterdam, Holland
(31 20) 624-8265
also:
Oudebrugsteeg 21
NL-1012 JN Amsterdam, Holland
(31 20) 623-8732
also:
CHRISTINE LE DUC
(MAIL ORDER)
P.O.Box 170
NL-1130 AD Volendam, Holland

Demask
Zeedijk 64
1012 BA Amsterdam
Holland
Netherlands
(31 20) 620-5603
(31 20) 6207 215 FAX
demask@xs4all.nl
http://www.demask.com
catalog-rubber and leather clothes SM & bondage toys

Ellen Schippers Design
1E Jan Steenstraat 112
Third Floor, 1072 NR
Amsterdam, Netherlands
(31 20) 662-3883
catalog- fantasy and fetish wear in leather, plastic and rubber

Expectations
Warmoes Str 32
1012JE Amsterdam
(31 20) 624-5573
Catalog- fashions. BDSM toys. Repair service

Funny Skin
Wagenweg 16,
2012 ND Harrlem-Centrum
Holland
(31 23) 421-870
catalog - rubber & plastic fashion

Incubus
PO Box 90290
London W2 IWA
+44 0171 7235750
latex fashion

Lust for Leather
Brouwersgracht 226b
1013 HE Amsterdam
Netherlands
+31 (0)20 6270778
+31 (0)20 4234054 FAX
catalog sales. tailormade leather

My Sin
Pannekoekstraat 29a
3011 LC Rotterdam
Netherlands
(31 10) 404-6568
Lingerie and SM clothes and toys

Mail & Female
PO Box 16568
NL-1001 RD Amsterdam
Holland
(31 20) 693-6074
(31 20) 668-4990 (fax)
Mail Order catalog - leather and
latex, toys, books, videos
shop:
Amstel 47 sous
NL-1001 RD Amsterdam
Holland
(31 20) 693-6074
(31 20) 668-4990 (fax)
Massad
Mathenesserweg 9A
Rotterdam, Netherlands
Catalog - SM clothes, toys, bondage gear

Rimba
Postbox 33
4840 AA Prinsenbeek
Holland
(31) 076 414484
catalog - fetish wear

RoB
Amsterdam BV
Weteringschans 253
1017 XJ Amsterdam
The Netherlands
(31 20) 625-4686
(31 20) 627-3220
Catalog: leather, SM toys, SM art

Skin Tight
Josephstraat 168
NL-3014 TX
Rotterdam, Holland
(31 10) 436-3756
shoes, boots, latex, wigs, corsets

Studio Kat
1E Jan Steenstraat 112
Third Floor
1072 NR, Amsterdam
Holland
(31 20) 662-3883
Catalog - plastic, leather, rubber
custom work

NEW ZEALAND

Body Worship
Wellington
+64 4 385 3903
+64 4 233 9256 FAX
latex@iconz.co.nz
http://www.bodyworship.com
custom made fetish clothing & accessoriesyworship.com

L'Amour
P.O. Box 5200
St Kevin's Arcade
518 Karangahape Road
Auckland 1, New Zealand
(64 9) 379-0497
(64 9) 480-1400
latex rubber wear, leather SM & bondage gear
also:
270 Onewa Road, Birkenhead
Auckland 1
New Zealand

SPAIN
Expedicion Creativa
Apartado 222
E-29649 Mijas Costa-Spain
Tel/FAX +34 95 293 93 26
info@expcreativa.com
http://www.expcreativa.com
high heels

SWEDEN
Barbarella
Fjarde langgt 6, Andra Lang g22
41328 Goteborg
Sweden
(46) 31-147968
Rubber, leather, PVC, high heels,
piercing studio

Delta Fashion
Box 4715
S-402 59 Gothenburg, Sweden
(46 31) 481-026 Fax
Catalog- rubber and leather fashions and masks

Foxy Lady
Lundavagen 9
212 18 Malmo
Sweden
Lingerie

SWITZERLAND
Aie Design
Segantinistr 85
8049 Zurich
Switzerland
Women's leather fashions

Arabesque
Brauerstr 31, 8004,
Zurich, Switzerland
(41) 01 242-9626
Catalog - Fetish fashions in leather, rubber, and PVC
also:
Limmatstr. 10
CH-5432 Neuenhof
Switzerland
(41) 01 242-9626

Boutique Fancy
Elisabethenstrasse 41
CH-4056 Basel
Switzerland
(41) 061-2714656 (voice)
(41) 061-2714720 (fax)

Dana
Grossackerstr 5
CH-9006 St Gallen
Switzerland
(41) 071253195
rubber, leather, body jewelry

Eccentric Fashion
Mail order:
Postfach 1, CH 4857
Riken, Switzerland
(41 62) 44 2221
Shop:
Bernstrasse 215,
Rothrist, Switzerland.
Catalog - Fetish clothing (by appointment)

Appendix C: Computer Bulletin Boards

Eastern Time Zone

Boston Dungeon Society (Telnet bdsbbs.com)	617-397-8844 (MA)
The Cat House	904-778-4236 (FL)
The Covenant BBS	717-394-2819 (PA)
The Digital Obsession BBS	215-678-4214 (PA)
The English Palace (One of the oldest and largest BDSM and Fetish BBS in the world.	WWW: palace.com
The Fetish Network BBS (through Telnet/FTP/WWW: fetish.wisenet.com)	305-370-7007 (FL)
Final Frontier	312-334-8638 (IL)
Forum BBS	215-722-1482 (PA)
Fountains of Pleasure	313-348-7854 (MI)
Harbor Bytes	410-235-6753 (MD)
Heartland BBS	614-772-7669 (OH)
Iron Rose 60 Skiff Street, Suite 766 Hamden, CT 06517 (203) 776-0185, or Toll-Free (888) 858-9755 talker.ironrose.org 3000 or 209.109.250.193 3000	www.iron-rose.com (CT)
Lifestyles	516-698-5390 (NY)
The Love Connection	317-236-6740 (IN)
Night Life	614-876-2116 (OH)
Pain & Pleasure	518-785-6643 (NY)
The Pig Pen	613-723-3143 (ON)
Pleasure Dome	804-490-5878 (VA)
Plumber's Helper	601-832-5132 (MS)
The Power Exchange www.tpe.com	703-749-9150 (VA) Washington DC Metro area.

Central Time Zone or Mountain Time Zone

Denver Exchange	303-623-4965 (CO)
The Farmer's Daughter	414-728-4058 (WI)
Garbage Dump BBS	505-294-5675 (NM)
Intimate Mansion	708-934-3045 (IL)
Laura's Lair	417-683-5534 (MO)
Mirrored Dragon's Dream	402-734-2073 (NE)
Specific Solutions	713-568-8482 (TX)
T&B	414-253-0454 (WI)
Throbnet	314-327-5878 (MO)
2/3 Board	217-877-1138 (IL)

Pacific Time Zone

Backdoor	415-756-6238 (CA)
Boothill	213-962-7436 (CA)
Chemin De Guerre	619-528-8842 (CA)
The Chateau	714-455-2790 (CA)
Common Bonds	415-234-3518 (CA)
Enigma Variation	714-751-5309 (CA)
Heels of Domination	714-832-1566 (CA)
Plain Brown Wrapper	619-294-6592 (CA)
Rapture	707-573-9438 (CA)
Scheherazade	206-650-1469 (WA)
Shadowplay (through Telnet/FTP/WWW: shadowplay.com)	206-706-8764 (WA)
Sir Dep's Dungeon	714-740-1130 (CA)

In addition to the private BBSs mentioned above, the large online systems like America On Line (Leather onQ), Compuserve, Delphi, and GEnie all have BDSM sections.

Internet

The Internet IRC, Internet Relay Chat, has many standing SM conferences. Also on the Internet are several newsgroups (message bases) related to SM: alt.soc.BDSM-Bondage, alt.sex, alt.personals.bondage, alt.fetish, alt.sex.spanking, alt.personals.spanking, alt.sex.femdom, alt.sex.fetish.tickling, alt.sex.services, alt.sex.fetish.fashion, and alt.fetish.feet.

Appendix D: SM and Fetish Magazines

This is not "the definitive list" of SM and fetish magazines, we're sure to have missed someone's favorites. However, we've enjoyed these and think you will, too.

"Artemis"
Artmis
BM Perfect
London, England
WC1N 3XX

"Bad Attitudes"
PO Box 39110
Cambridge, MA 02139

"B&D Pleasures" (also: "LeatherLinks")
PO Box 92889
Long Beach, CA 90809-2889
310-631-1600

"Body Art"
Blake House Studios
Blake End, Rayne
Braintree, Essex
CM7 8SH

"Body Play" & "Modern Primitives Quarterly"
Insight Books
PO Box 2575
Menlo Park, CA 94026-2575

"Bondage Photo Treasures" (also: "Images in Restraint" and several other bondage titles)
London Enterprises, Ltd.
Lyndon Distributors
15756 Arminta St.
Van Nuys, CA 91406

"Boudoir Noir"
Boudoir Noir Publications
Box 5, Station F
Toronto, ON
Canada, M4Y 2L4
(416) 591-2387
(416) 591-1572
email: Boudoir@the-wire.com
web home page: http://www.the-wire.com/boudoir.noir

"Brat Attack"
PO Box 40754
San Francisco, CA 94141-0754

"Corset Newsletter"
(Ruth Johnson's newsletter)
BR Creations
PO Box 4201
Mountain View, CA 94040

"Demonia"
Comedit
15 cite Joie
75011 Paris, France

"Dominant Mystique" (also: "Dominant Domain")
New Esoteric Press, Inc.
PO Box 30689, JFK Station
Jamaica, NY 11430

"Domination Directory International" (also: "Stiletto", "Mistresses of England", "Mistresses of Germany", "Mistresses of Holland", "Fantasy Register" & "Fetishist")
Strictly Speaking Publishing Co.
PO Box 8006
Palm Springs, CA 92263

"Dressing For Pleasure Magazine"
Constance Enterprises, Ltd.
PO Box 43079
Upper Monclair, NJ 07043
201-746-4200

"Drummer"
Desmodus, Inc.
P.O. Box 11314
San Francisco, CA 94101
415 252-1195

"EIDOS"
PO Box 96
Boston, MA 02137-0096

"Fetish Times" (also: "Foot Worship News", "Watersports", & "Platinum")
Platinum
4501 Van Nuys Blvd. #215
Sherman Oaks, CA 91404

"Frighten the Horses"
Heat Seeking Publishing
41 Sutter Street #1108
San Francisco, CA 94104

"Get Kinky"
Modern Products
976 Murfreesboro Rd., Ste. 155
Nashville,TN 37217-1516

"Greenery: Lady Green's Newsletter for Women and Men Exploring Female Domination"
3739 Balboa Ave. #195
San Francisco, CA 94121

"Hellfire" (also: "Leather Underground", "SMExpress", "Dominant Men/submissive women")
Inner Act Publications
PO Box 4244
New Winsor, NY 12553
212-647-0063

"Leather Journal"
Cedar Publishing Co.
7985 Santa Monica Bldv. #109-368
West Hollywood, CA 90046
"Love Bondage Gallery" (Many other bondage related publications and videos)
Harmony Publications
Box 69976
Los Angeles, CA 90069

"O" Magazine
Una Deva
PO Box 1177
Cheddar, Somerset
England
BS27 3UQ

"On Our Backs"
526 Castro Street
San Francisco, CA 94114

"OUCH!" (also:Deviations, Discipline Classes, Dominatrix Domain, Fem-Dom Video, Obeisance, Femme Fatale, Petticoat Power, Humbly Yours, Maitresse, Humiliated Transvestites, and Deviation Directory)
Matriarch Productions
PO Box 4295, Grand Central Sta.
NY, NY 10017

"Outrageous Women"
PO Box 23
Somerville, MA 02143

"PFIQ" (Piercing Fans International Quarterly)
Gauntlet, Inc.
1201 Old Country Road, Unit #3
Belmont, CA 94002

"Quim"
BM 2182
London, England
WC1N 3XX

"Sado Maso"
Apdo. Correos, 12166
08080 Barcelona, Spain
93 419 2630

"Sandmutopia Guardian"
The Utopian Network
PO Box 1146
New York, NY 10156
(516) 842-1711 M-F 11am-8pm
(516) 842-7518 fax

"Secret"
PO Box 1400
1000 Bruxelles, Belgium

"Skin Two"
23 Grande Union Centre
Kensal Road
London, England
W10 5AX
081 968 9692
Fax: 081 960 8404

"S&M News"
PO Box 727
Pocono Summit, PA 18346
717-839-2512

"Stand Corrected"
PO Box 1910
Studio City, CA 91614-0910

"Strap"
Thor Productions
PO Box 950, Parkchester Station
Bronx,NY 10462

"A Taste of Latex"
"Bitches with Whips"
DM International
P.O. Box16188
Seattle, WA 98116-0188

"Tied and Tickled" (Many other bondage related publications and videos)
HOM
PO Box 7302
Van Nuys, CA 91409-9987

"Zeitgeist"
Blue Angel Publishing Co.
27 Old Gloucester St.
London, England
WC1N 3XX

SM Friendly Book Sellers

A Different Light Review
548 Hudson St.
New York NY 10014-3233
(212) 989-4850
Fax: (212) 989-2158
MO catalog: 800-343-4002

A Different Light Review
8853 Santa Monica Blvd.
West Hollywood CA 90069
(310) 854-6601

A Different Light Review
489 Castro St.
San Fransisco CA 94114
(415) 431-0891

Alamo Square Distributors
PO Box 14543
San Francisco, CA 94114
(415) 863-7410

Alyson Publications
40 Plympton Street
Boston MA 02118
(617(524-5679

Atomic Books
229 W. Read Street
Baltimore MD 21201
(410) 728-5490

Arthur Hamilton, Inc.
695 East 132nd Street
Bronx NY 10454
(718) 585-3468

B&D Pleasures
PO Box 92889
Long Beach CA 90809
(213) 631-1600

Blowfish
2261 Market St. #284
San Francisco CA 94114
(415) 864-0880
(415) 864-1858

Blue Moon Books
Box 1040, Cooper Station
New York NY 10276
(800) 535-0000

Books Bohemian
PO Box 17218
Los Angeles CA 90017
(213) 385-6761

Borders Books & Music
1501 4th Ave.
Seattle WA 98101
(206) 622-4599

Circlet Press
P.O. Box 15143
Boston, MA 02215
ctan@world.std.com

Constance Enterprises, Ltd.
P.O. Box 43079
Upper Montclair, NJ 07043
Voice: (201) 746-4200
Fax: (201) 746-4722

Gay Pleasures Bookstore
548 Hudson St.
NYC NY 10014
(212) 645-7573

Glad Day Books
598 A Yonge Street
Toronto, Ontario
Canada M4Y 1Z3
(416) 961-4161

Marigny Bookstore
600 Frenchman St.
New Orleans LA
(504) 943-9875

QSM
PO Box 880154
San Francisco, CA 94188
(800) 537-5815
qsm@crl.com

Source Bookstore, The
958 Queen Street
Southington CT 06489
(203) 621-6255

Tower Books
383 Lafayette St.
New York NY 10003
(212) 228-5100

Wooden Shoe Bookstore, The
112 South 20th Street
Phila. PA 19103
(215) 569-2477

Appendix E: Recommended Reading

Many of these are the books that we read, adored, re-read, slept with, bought copies of for friends, tearfully gave away, or lent against our better judgement to worthless scourges who never returned them (you know who you are!). Among these pages are ideas that shaped our experience in our exploration of sexuality and SM and, in many cases, helped us stay out of trouble. Other books come highly recommended by friends or people we admire so much we would like to be adopted by them.

Non-fiction

Anand, Margo. The Art of Sexual Ecstasy ; the path of sacred sexuality for western lovers. 1st ed. / J.P. Tarcher, c1989

Antoniou, Laura - Looking for Mr. Preston / Masquerade Books, 1995
Some Women / Rhinoceros Books, 1995

Baldwin, Guy - Ties That Bind; The SM/Leather/Fetish Erotic Style; Issues, Commentaries, and Advice/ Daedalus Pub. Co., c1993

Bannon, Race - Learning the Ropes ; a basic guide to safe and fun S/M lovemaking / Daedalus Pub. Co., c1992.

Bean, Joseph W. - Leathersex : a guide for the curious outsider and the serious player / The Haworth Press, 1994.

Brame, G.; Brame, W. & Jacobs, J. - Different Loving ; an exploration of the world of sexual dominance and submission, 1st ed. / Villard Books, 1993

Califia, Pat - Sensuous Magic ; A Guide for Adventurous Couples / Masquerade Books, 1993.
The Lesbian S/M Safety Manual / Alyson Publications

Camphausen, Rufus C. - The Encyclopedia of Erotic Wisdom ; A reference Guide to the Symbolism, Techniques, Rituals, Sacred Texts, Psychology, Anatomy, and History of Sexuality / Inner Traditions International, 1991

Green, Lady - The Sexually Dominant Woman ; A Workbook for Nervous Beginners / available from the author: 3739 Balboa Ave. #195, San Francisco, CA 94121

Herrman, Jack - Trust / Alamo Square

Institute for Advanced Study of Human Sexuality, The - The Complete Guide to Safe Sex / Barricade Books

Jacque, Trever; Dale; Hamilton; & Sniffer - On the Safe Edge / WholeSM Publishing, Toronto 1993

Liszt, C. & Easton, D. - The Bottoming Book; Or, How To Get Terrible Things Done to You By Wonderful People / Published by Lady Green, 3739 Balboa Ave. #195, San Francisco, CA 94121

Mains, Geoff - Urban Aboriginals / Gay Sunshine Press

Piselli, Morrocchi, Giovanni, and Stanton - Sophisticated Bondage: The Art of John Willie, an Illustrated Biography / Glittering Images, available from Constance Enterprises, Ltd.,

Rosen, Michael A. - Sexual Magic; the S/M photographs / Shaynew Press, c1986.

SAMOIS - Coming to Power; Writings and Graphics on Lesbian S/M ; S/M, a form of eroticism based on a consensual exchange of power / Alyson Publications, 1987

Scott, Gini Graham, Ph.D. - Erotic Power; An Exploration of Dominance and Submission / Carol Publishing Group, 1983

Steinberg, David - The Erotic Impulse; Honoring the Sensual Self / Tarcher, Perigee Books, 1992

Thompson, Mark (edited by) - Leatherfolk : radical sex, people, politics, and practice, 1st ed. / Alyson Publications, c1991.

Townsend, Larry - The Leatherman's Handbook / Other Traveller, c1972
The Leatherman's Handbook II / Carlyle Communications, c1989

Warren, John, Ph.D. - The Loving Dominant / Masquerade Books, 1994

Wiseman, Jay - SM101: A Realistic Introduction / available from the author: P.O. Box 1261, Berkeley, CA 94701

Fiction

Antoniou, Laura - Leather Women, Leather Women II,No Other Tribute, By Her Subdued, (as Sara Adamson) - The Marketplace, The Catalyst, The Trainer, The Slave / Masquerade Books

Antrews, Grant - My Darling Dominatrix / Rhinoseros Books

Califia, Pat - books of fiction: Doc & Fluff, Melting Point, Macho Sluts / New York, Masquerade Books

Dante, Robert - Silent Command: Poems from the S&M Scene / Houston, Wings Press, 1992

De Sade, The Marquis - The 120 Days of Sodom / Grove Weidenfeld, New York, 1987

McNeill, Elizabeth - Nine and a Half Weeks: A memoir of a love affair / New York, Dutton, c1978

Nin, Anais - Delta of Venus / Harcourt Brace Jovanovich, New York, 1969

Preston, John - The Love of a Master / Alyson Publications, 1987, also: Mr. Benson

Reage, Pauline - The Story of O / Grove Press, 1965

Rice, Anne - A trilogy written as A.N. Roquelaure: The Claiming of Sleeping Beauty, Beauty's Punishment, and Beauty's Release / E.F. Dutton, also: writing as Anne Rampling, Exit to Eden / Arbor House, c1985

Tan, Cecilia - Telepaths Don't Need Safewords; And Other Stories from the Erotic Edge of Science Fiction and Fantasy, SexMagick; Women Conjuring Erotic Fantasy / Circlet Press

Townsend, Larry - Dream Master and Other SM Stories/ Beverly Hills, CA : LT Publications, c1992

Von Sacher-Masoch, Leopold - Venus in Furs

Several of the book dealers that carry titles that cannot be found elsewhere are listed on page 270. It would be very much worth your while to write them to ask for their catalog of offerings:

We don't know anything about this one, but it sounds like a fun book to schlepp along with you on those lonely trips to the video rental store. Allen Marburger - Bondage Fantasies in Popular Entertainment ; an annotated listing of sequences from movies and television / A. Marburger, c1980

In our research we stumbled across this one. We haven't read it yet and it might be a real dog, but, dear lord, this title is intriguing! We're going to hunt it down, so to speak, how about you? Robert Eisler (1882-1949) - Man Into Wolf; An anthropological interpretation of sadism, masochism, and lycanthropy; a lecture delivered at a meeting of the Royal Society of Medicine. New York, Greenwood Press [1969, c1951] also: Santa Barbara, CA, Ross-Erikson, 1978

Appendix F: The National Leather Association:International's

Statement on Domestic Violence

The National Leather Association:International has called on the Leather SM Fetish community to take the lead in reducing domestic violence through education.

No group is free of domestic battering and abuse, but fear, denial, and lack of knowledge have slowed public response to this serious problem.

The NLA is committed to reducing this violence by attempting:

1. to show that **community action can reduce domestic violence**;

2. **to hold batterers accountable for choosing to be violent**; to encourage victims to take legal action; to deny that drug and alcohol abuse alone excuse battering; and to encourage the batterer to seek treatment and the victim to seek support;

3. **to listen and support** those who have the courage to tell us -- to help them end their shame and isolation;

4. **to educate** the legal and social service systems about the difference between consensual SM and domestic violence and to encourage their appropriate intervention;

5. **to take the responsibility for educating our community** about the forms of domestic abuse and their extent and severity; and

6. **to promote information** about where to go for help.

Domestic violence takes many forms: physical abuse, isolation, outright or subtle psychological and emotional abuse, economic control, sexual abuse and the destruction of personal property. Non-consensual manipulation, terror and assault are not part of SM.

The National Leather Association advocates relationships and friendships based on responsibility, honesty and integrity in which power and pleasure derive from mutual respect.

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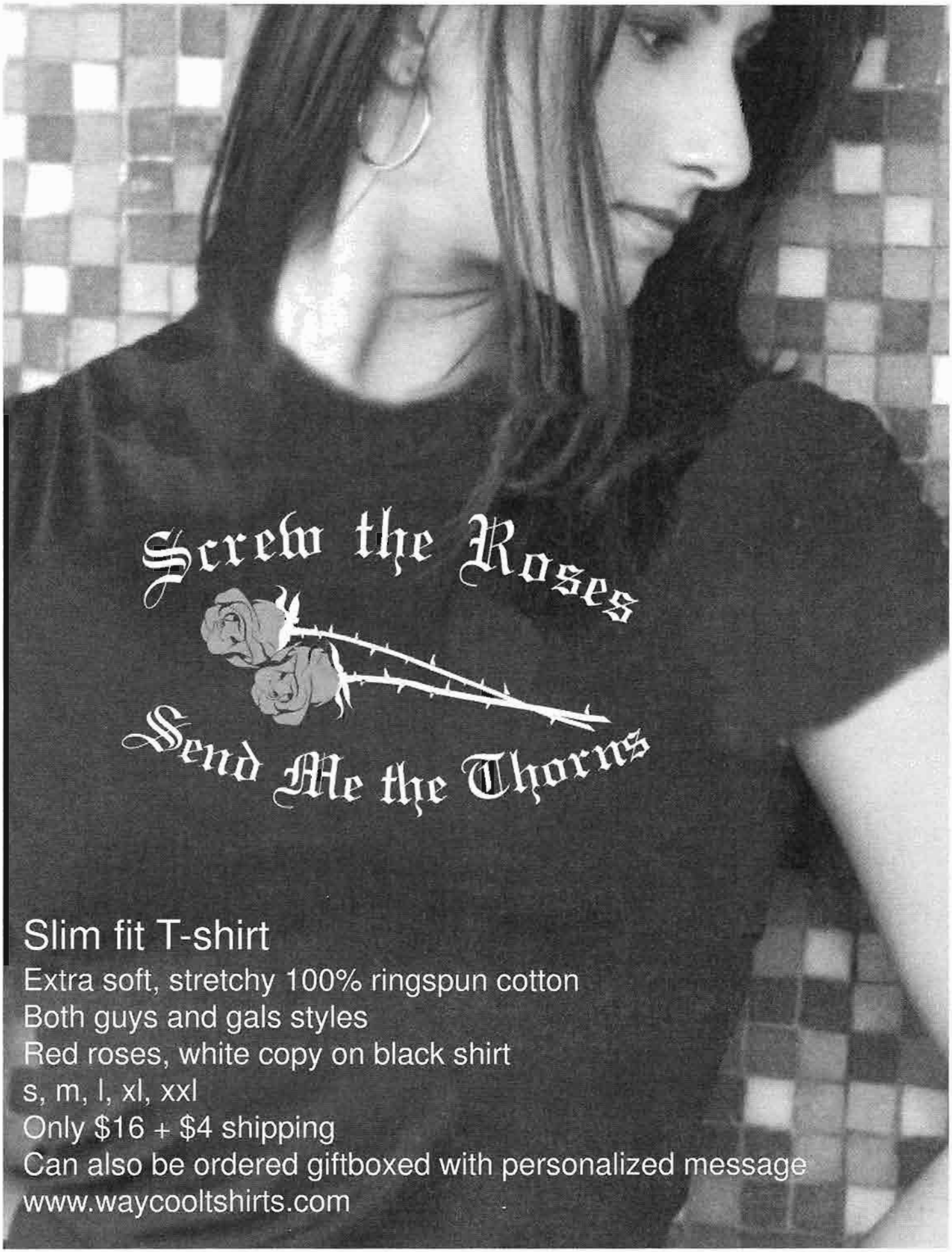
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